

EVERYTHING YOU WANTED TO KNOW ABOUT...

# YELLOWFIN TUNA

...and weren't afraid to ask!



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**Yellowfin Tuna**

**AHI** (the Hawaiian name for yellowfin & bigeye tuna) is now the most popular of the many species of tuna available for consumption. Albacore (used primarily for canned tuna), Blue Fin (most prevalent in North Atlantic), Skipjack and Little Tunas are some of the other members of the mackerel family. Unless noted, all of our tuna is **Yellowfin**.

## BUYING FRESH TUNA

1. Color - **THINK RED!** The most important thing to look for is the color of the flesh. Depending on the grade of the tuna and its freshness, the color should be bright pale red. If the tuna is brown or grey, buy something else. Some markets sell the steaks with a dark red or brown spot in the steak. This mistakenly is called the "blood line" but is really a different muscle that enables the tuna to swim as fast as it does. It is stronger in taste (almost fishy) and most people cut it out. Cats have been known to favor this part of the tuna.
2. Thickness - **THINK THICK!** As with a good cut of beef, the proper thickness of your tuna steak is of the utmost importance. Your steak should be between 3/4" to 1 & 1/4". The size of the loin and the location of the cut will determine the weight of your cut, so inform the fishmonger how many people you are serving and they will help you determine how many steaks of the proper thickness you will need.

## EATING FRESH TUNA

Fresh Tuna may be eaten raw (*sashimi and sushi*), seared rare (*tatami*), grilled medium rare or cooked throughout in a variety of ways. It's firm texture makes it a great fish to grill. As a rule, you will do well to cook your Tuna steak as you would a strip steak on the grill. If you like your steak RARE, cook the Tuna the same way, with a bright red center. If you like your steak medium, again cook the Tuna the same way, leaving it pink in the center. TRY IT... YOU'LL LIKE IT. (You can always throw it back on the grill to cook a little more, but trust me you won't!). You can also cook your tuna in the oven or on the stovetop (see our cooking fish sheet). The recipe below works best on the stovetop.

### *Black & White Sesame Tuna with Teriyaki Glaze*

#### Ingredients (serves four)

Four - 1/2 lb. tuna steaks  
1/2 cup black & white sesame seeds  
1/4 cup olive oil or melted butter  
1.2 cup teriyaki sauce or glaze (store bought)  
1 ball freshly made wasabi

#### Cooking Directions

*Dredge tuna steaks through the oil or melted butter until they are thoroughly coated on both sides. Dredge coated tuna through sesame seeds, patting the seeds so that they adhere to the tuna on both sides. Place in a lightly greased saute pan on medium heat and cook for 3-5 minutes. Flip fish over, and drizzle the teriyaki sauce over the browned side of the fish. Continue cooking 3-5 minutes.\* Remove from heat.*

\* The actual cooking time will depend on how thick the steaks are, how hot the pan is and most importantly, how you like your tuna cooked (rare, medium or done). Be sure not to overcook!

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12/22/08