

**BALFEGO RANCHED
 BLUEFIN TUNA**
THUNNUS THYNNUS

DESCRIPTION:

Bluefin Tuna is the largest of the Tuna species. Often found in the Northern Pacific, Bluefin ranges from Eastern Asia to the West coast of North America and as far South as the tropics.

EATING QUALITIES:

Bluefin meat can differentiate in color from deep rosy-red to light pink depending on its fat content. Bluefin Tuna is primarily used exclusively in sashimi or sushi preparations, the fresh clean taste of sashimi quality red meat and the buttery taste and texture of the toro portions of the loin make this tuna one of the ultimate seafood experiences.

**FISHING/FARMING METHODS &
 REGULATIONS:**

A fleet of boats catch their quota of Bluefin by purse seine in the Balearic Sea region. The fish are still in spawning mode therefore off food, very thin and exhausted. The Bluefin are placed in a floating pool and slowly towed to the ranching site where they spend the next six months feeding and recovering. The feed consists of a variety of Mackerel, Herring and occasionally Sardines or Squid from cold northern Atlantic waters where the fish migrated from. Balfego, Fortune's supplier, has one of the highest levels of control from the Spanish Management authority, and there is no IUU fishing within the company. This Bluefin fishery is one of the highest priorities to the Spanish fisheries managers. The Spanish Management authority reports catches directly to the International Commission for the Conservation of Atlantic Tunas (CCAT), an inter-governmental fishery organization responsible for the conservation of tunas and tuna-like species in the Atlantic Ocean and its adjacent seas. Based on the latest assessment in 2014, Atlantic Bluefin from the eastern Atlantic/Mediterranean appears to be recovering. This is most likely due to the fishery management in place.

SOLD AS:

Whole, Loins, Portions



**NUTRITIONAL
 INFORMATION**
 Per 3.5 ounce portion:

| | |
|--------------|-------|
| Calories | 226 |
| Fat Calories | 135 |
| Total Fat | 15 g |
| Protein | 23 g |
| Sodium | 43 mg |
| Cholesterol | 38 mg |

COOKING METHODS

Sushi
 Sashimi
 Grill

HANDLING

Whole fish should be packed in flaked ice. Whole fish and loins should be stored in a drain pan in the coldest part of the walk-in. Loins should also be covered in ice although with a barrier, so the ice never touches the flesh.

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