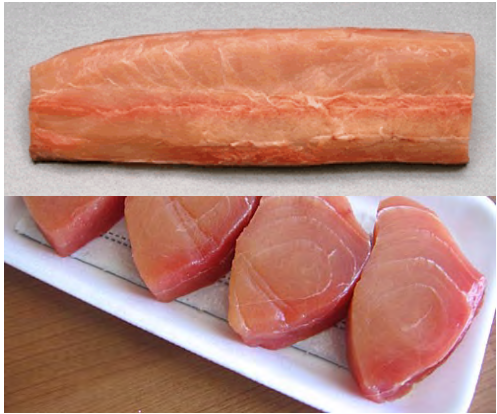


BLUE MARLIN (KAJIKI)
MAKAIRA NIGRICANS



DESCRIPTION:

Blue Marlin is commonly known as Kajiki, or A’u, the Hawaiian name applied to all Marlin species caught in Fiji and Hawaii. This species can get as large as 1,600 pounds in round weight, but the usual size of fish marketed is between 80 and 300 pounds in round weight. The Blue Marlin is distinguished from other commonly-caught Marlin species by its larger size, heavier bill, and rougher, grey skin. The heaviest landings of Blue Marlin are during the summer and fall (June-October), the period when schooling Tunas, their favorite prey are often abundant in the waters of the Pacific.

EATING QUALITIES:

Blue Marlin has firm flesh with a mild flavor (although somewhat more pronounced than the flavor of Ahi). Flesh color in Blue Marlin is amber, although it varies somewhat from fish to fish. Flesh with high fat content has a naturally lacquered appearance. Blue Marlin with high fat content may be served as sashimi.

FISHING METHODS AND REGULATIONS:

Blue Marlin are usually caught by Troll or by longline. Trolling usually produces the larger fish, whereas long lining often harvests fish with higher fat content from deeper waters.

SOLD AS:

Whole fish, H&G, Fillets, Loins

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	105
Fat Calories	0
Total Fat	0.38 g
Saturated Fat	0 g
Protein	25 g
Sodium	39 mg
Cholesterol	31 mg
Omega-3	200 mg

COOKING METHODS

- Sauté
- Broil
- Grill
- Poach
- Bake
- Steam
- Sashimi

HANDLING

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

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