

**STRIPED MARLIN (NAIRAGI)**  
*TETRAPTURUS AUDAX*



**DESCRIPTION:**

Striped Marlin is commonly known as Nairagi and A`u, the Hawaiian name applied to all Marlin species caught in Hawaii. Striped Marlin are usually between 40 and 100 pounds. The Striped Marlin has the slenderest bill and the most visible “stripes” in the Marlin family. This species is also distinguished by the high, pointed dorsal fin (higher than the greatest depth of the body) and more compressed sides than other species of marlin.

**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:**

Striped Marlin is considered the finest eating of all Marlin species because of its tender flesh. The natural color varies from light pink to deep orange-red. The less common Striped Marlin that have an intense orange flesh and higher fat content are particularly desired for the sashimi market. Striped Marlin is frequently used in raw fish preparations as poke, sashimi or carpaccio or is cooked in the same manner as Tuna and Swordfish.

**SOLD AS:**

Whole fish, H&G, Fillets, Loins, Portions

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

<b>Calories</b>	<b>105</b>
<b>Fat Calories</b>	<b>17.5</b>
<b>Total Fat</b>	<b>2.19 g</b>
<b>Saturated Fat</b>	<b>0.88 g</b>
<b>Protein</b>	<b>21 g</b>
<b>Sodium</b>	<b>79 mg</b>
<b>Cholesterol</b>	<b>35 mg</b>
<b>Omega-3</b>	<b>200 mg</b>

**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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