

# FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



## ALBACORE TUNA

*THUNNUS ALALUNGA*



### DESCRIPTION:

Found worldwide in tropical and temperate waters, including the Mediterranean, it is the only Tuna species labeled as “white meat” in the United States. Known for its distinguished dark blue back and silver-white underside, Albacore can reach 5 feet long and weigh almost 90 pounds. The average weight caught commercially is 20 pounds. Typically, once brought on board the tuna is stunned, cut and put into chilled water to bleed and cool before being placed on freezer trays to be frozen. The fish are frozen as fast as possible to -30 °C and stored at that temperature until the fish is brought to shore. Once at shore they are transferred to commercial freezers and maintained at the coldest temperature. Fresh Albacore Tuna is available seasonally from June until late Fall with the peak season occurring in September.

### EATING QUALITIES:

The lightest colored meat of any Tuna, the flesh is pink and translucent when raw turning off-white when cooked. This mild tasting fish has a soft texture and can be grilled, broiled, or pan fried. It is also very popular served raw, sashimi style. It is important to not overcook tuna as it quickly loses its flavor and moisture.

### FISHING METHODS AND REGULATIONS:

Caught in warm open waters by hook and line, long line, trolling, or purse seining. The U.S. North and South Pacific Albacore pole and line and troll fisheries are MSC certified sustainable.

### SOLD AS:

Whole, Fillets, Portions, Canned

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	179
Fat Calories	69
Total Fat	8.1 g
Saturated Fat	2 g
Protein	26.5 g
Sodium	54 mg
Cholesterol	43 mg
Omega-3	1.6 g

### COOKING METHODS

Pan Fried  
Broiled  
Grill  
Poach  
Raw

### 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 with a barrier, so the ice never touches the flesh.

### FORTUNE FISH & GOURMET

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