

YELLOWFIN TUNA

Tuna are large migratory fish that travel in dense shoals. Yellowfins are fished in tropical waters and are widely canned as "light tuna". The Hawaiian name, ahi, means "fire".

Commercial fisheries catch yellowfin tuna with encircling nets (purse seines) and with longlines. The fish are mainly sold in frozen or canned form, but are also popular as sashimi. Yellowfin is often served seared or rare.

Cooking & Handling

Nutrition Facts	
Servings 1	
Serving Weight 100g	
Amount Per Serving	
Calories 108	
Total Fat	0.95 g
Total Saturated Fatty Acids	0.235 g
Carbohydrate	0 g
Sugars	0 g
Total Dietary Fiber	0 g
Cholesterol	45 mg
Selenium	36.5 mcg
Sodium	37 mg
Protein	23.38 g

All tuna quickly deteriorates, especially once cut into steak portions. Refrigerate (preferably uncut, rather than as steaks), covered with crushed ice, up to 1 day.

Yellowfin is low in saturated fat and sodium and is a very good source of protein, thiamin, selenium, and vitamin B6.

Substitute darker tuna for any beef steak recipes, lighter tuna for veal or chicken recipes.

Flavors that work well with yellowfin are anchovy, avocado, capers, celery, chiles, demi-glace, fennel, garlic, ginger, lemon, mango, mayonnaise, olive oil, onion, orange, rice wine, scallion, sesame, shallot, soy sauce, tomato, wasabi and white wine.

Cooking Methods

Bake, Broil, Grill, Sauté, Smoke

Global Supply:



France



Indonesia



Japan



Mexico



Philippines



South Korea



Spain



United States



Taiwan

Seasonal Availability

Fresh and frozen available year-round.

Fresh product is available year-round, though supplies are often more abundant during summer months.



Scientific Name

Thunnus albacares

Market Name

tuna

Common Names

yellowfin tuna, pacific yellowfin, ahi, "light meat" tuna

Substitutions

grouper, swordfish, mako shark, other tunas

French	albacore
German	gelbflossenthun
Italian	tonno albacora
Japanese	kihada
Spanish	rabil

Raw Characteristics

- Long, bright yellow dorsal fin and yellow stripe down their steel-blue backs
- bright red meat
- fat is desirable, as more fat means more flavor
- market weight 3-6 lbs

Cooked Characteristics

- mild, meaty flavor
- brown to grayish-tan meat
- large, moist flakes
- firm texture

DID YOU KNOW?

Yellowfin tuna are a popular sport fish in many parts of their range and are prized for their speed and strength when fought on rod and reel as well as for their table qualities.