

Tuna, yellowfin

Scientific name: *Thunnus albacares*

Market name: *Tuna*

Common names: *Yellowfin tuna, Pacific yellowfin, ahi (Hawaiian), "light-meat" tuna*



The Yellowfin Tuna Story

Yellowfin, as its name implies, is distinguished from other tunas by a long, bright-yellow dorsal fin and a yellow strip down its side. It's also more slender than bluefin. With its flashy markings, the yellowfin tuna is especially impressive at night. Fishermen say that when watching yellowfin feed, it's easy to see why they carry the Hawaiian name ahi, or fire.



Yellowfin is the most tropical species of tuna, abundant in warm waters throughout the Pacific and Atlantic, often mixed with other species, especially skipjack tuna.

The fish is most often harvested by purse seine, but the best-quality yellowfin is caught by hook and line. Market size runs from 7 1/2 to 20 pounds. High-quality fresh yellowfin comes from Hawaii, Florida, Mexico, Southern California and the Gulf of California.

Tuna is often canned in countries other than those harvesting it. Top canning countries exporting tuna to the United States include Thailand, the Philippines and Indonesia.

Product Profile

Yellowfin tuna has a mild, meaty flavor – similar, some say, to swordfish. It's more flavorful than albacore, but leaner than bluefin. The meat is bright red in its raw state but, when cooked, turns brown to grayish-tan, firm and moist, with large flakes. Yellowfin is also served raw as sashimi and in sushi. Canned product (light-meat tuna) is a bit darker than canned albacore and is often blended with skipjack tuna.

Look for tuna meat with a glistening, wet look. The ideal is bright translucent red. Fat is desirable, as more fat means more flavor.

FLAVOR



TEXTURE



You Should Know...

Fresh yellowfin is more perishable than other tuna species.

Primary Product Forms

Fresh

H&G
Chunks
Loins
Steaks

Frozen

H&G
Chunks
Loins
Steaks

Value-added

Canned
Pre-marinated steaks
Smoked strips and jerky
Sashimi
Burgers, patties

Improperly handled yellowfin, especially allowing viscera to remain in an unfrozen fish, can produce histamine, which causes scombroid poisoning.

Cooking Tips & Methods

Yellowfin is excellent raw, but for grilling and broiling, cut steaks 1 1/2 inches thick. The tuna needs very little seasoning; just brush with olive oil and sprinkle with seasoning. For an even milder flavor, remove the dark lateral line from the meat. Tuna can also marinate for several hours without becoming "cooked." Try a marinade of white wine, a little oil and some brown sugar for an hour or two before grilling.

- Bake Poach
- Broil Sauté
- Fry Smoke
- Grill Steam

Substitutions *Swordfish, Mako shark, Other tunas*

Nutrition Facts	
SERVING SIZE: 100G/3.5 OZ. (raw)	
AMOUNT PER SERVING	
Calories	124
Fat Calories	23
Total Fat	2.5 g
Saturated Fat	0.6 g
Cholesterol	45 mg
Sodium	37 mg
Protein	23.8 g
Omega-3	0.6 g

GLOBAL SUPPLY

- France
- Indonesia
- Japan
- Mexico
- Philippines
- South Korea
- Spain
- United States
- Taiwan



SEASONAL AVAILABILITY

Fresh █ Froz. █

- █ Farmed
- █ Wild
- █ Farmed and Wild

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fresh											
Froz.											
Fresh product is available year-round, though often more available during summer.											

Fresh Ocean Caught Fish		
Fresh Yellowfin Tuna Loin Boneless 8-12 lb.	242000	1/10 lb. Avg.
Fresh Yellowfin Tuna Loin Center Cut 8-12 lb.	242001	1/12 lb. Avg.
Fresh Yellowfin Tuna Loin Sushi Grade	242003	1/12 lb. Avg.