

Albacore Tuna (Thunnus alalunga)



COMMON NAMES

Albacore, Longfin Tuna, Tombo (Hawaiian)

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Whole, H&G, Loins, Steaks

Frozen: Whole, H&G, Loins, Steaks

Value-Added: Canned, Smoked

PRODUCT PROFILE

Flavor: 

Texture: 

COOKING TIPS

Albacore, like the other tunas, should appeal to meat lovers, especially those who like to grill. Albacore cooks quickly, and for maximum flavor, is best served rare. Try searing albacore steaks to serve with a highly seasoned sauce. Marinating before cooking and basting during cooking will keep albacore moist and prevent it from turning tough.

COOKING METHODS

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Albacore is the only tuna allowed to be labeled “white meat”? While you may know it best for its excellent reputation in a can, albacore has also made quite a name for itself in fresh and frozen markets. Average market weight of the streamlined, torpedo-shaped fish is between 10 and 30 pounds. Like other tuna varieties, the albacore is blue and silver, but can be differentiated by its longer pectoral fins. This schooling fish is caught in subtropical and tropical waters, by trollers and longliners, worldwide.

GLOBAL SUPPLY



 FARMED
 WILD

Korea, Japan, New Zealand, South Africa, Spain, Taiwan, United States

NUTRITIONAL FACTS

Serving size: 100g/3.5 oz.
AMOUNT PER SERVING

Calories	172
Fat Calories	66
Total Fat	7.2 g
Saturated Fat	1.9 g
Cholesterol	38 mg
Sodium	51 mg
Protein	25.2 g
Omega-3	2.1 g

If it swims we have it.

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