

Kona Kampachi® (Seriola Rivoliana)



COMMON NAMES

Kona Kampachi®, Almaco Jack, Songoro Amberjack, Medregal

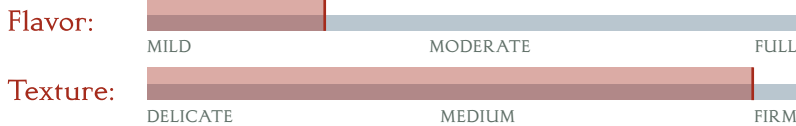
SEASONAL AVAILABILITY

Consistent Year-Round Supply

PRIMARY PRODUCT FORMS

Fresh: Whole, H&G, Fillet

PRODUCT PROFILE



COOKING TIPS

With its rich, buttery flavor with notes for hazelnuts, and a firm, clean and crisp texture, Kona Kampachi is delicious raw as sushi, sashimi or carpaccio. Cooked Kona Kampachi offers thick, juicy fillets that stand up well to zesty sauces.

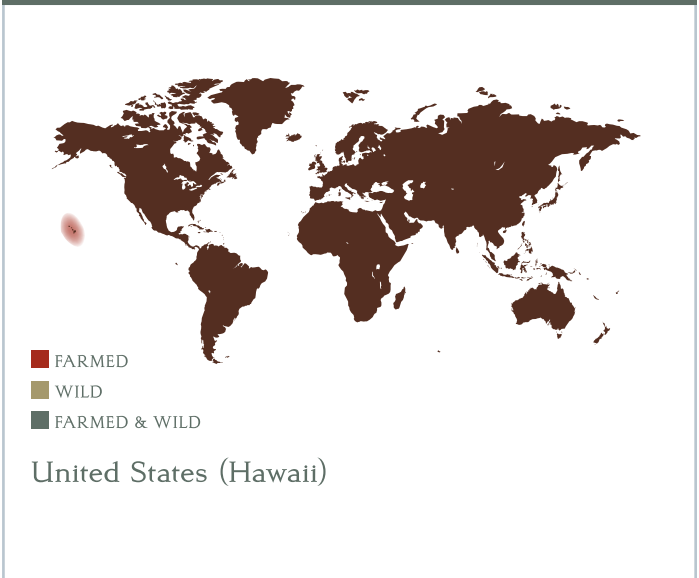
COOKING METHODS

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

DID YOU KNOW...

Kona Kampachi is a Hawaiian yellowtail sustainably raised by Kona Blue Water Farms. It is grown in the open ocean off the Kona Coast of the Big Island of Hawaii – hatched, reared and harvested using state-of-the-art aquaculture technology, without depleting wild fisheries or harming the ocean environment. It is pure, with no detectable mercury, genetic engineering, hormones or prophylactic antibiotics. It has a 30 percent fat content, which translates to fish that is packed with flavor, moistness and high levels of omega-3 fatty acids.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	210
Fat Calories	130
Total Fat	15 g
Saturated Fat	3.5 g
Cholesterol	50 mg
Sodium	50 mg
Protein	20 g
Omega-3	n/a

SEATTLE FISH CO^{EST. 1996}

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