

Albacore Tuna

Latin Name *Thunnus alalunga*

Chinese 长鳍金枪鱼

Japanese マグロ

Due to its white meat, albacore is sometimes referred to as the "Chicken of the Sea"

Flavour



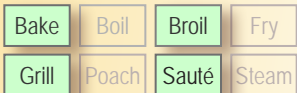
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams (2.5-3.5 oz) per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	172.0
Total Fat (g)	7.2
Saturated Fat (g)	1.9
Protein (g)	25.2
Cholesterol (mg)	38.0
Sodium (mg)	51.0
Omega-3 (EPA & DHA)(g)	2.1

Canadian Nutrient File, Health Canada, 2005



How to Cook

Because tuna has virtually no connective tissue, the raw meat is very soft and must be supported at all times to keep it from falling apart. Albacore tuna must also be kept moist or it will lose its flavour and become tough.

Do not to overcook tuna as it quickly loses its flavour and moisture. Once cooked, the flesh will turn white and become firm. To avoid overcooking, remove tuna from the heat source while the meat is still pink in the center.

With a mild taste and soft texture, albacore is very popular served raw in sushi and sashimi creations.

Average 2003-06 mercury level in BC tuna samples was 0.1656 ppm - about 66% below Canadian federal food safety standards and 83% below USFDA safety standards

www.canadianalbacoretuna.com

Recipes

BC Albacore Tuna Tataki

Tartare of Pacific Tuna

About ...

Pacific Albacore tuna is a highly migratory fish with dark blue back and silver-white sides.

BC's tuna fishery is governed by the US/ Canadian Tuna Treaty and is monitored to ensure that actual albacore harvests are below maximum sustainable levels. BC's albacore tuna fishery is Marine Stewardship Council (MSC) certified.



Seared Pacific Halibut with Kumquat and Cumin Beurre Blanc

Availability

Fresh albacore is not available in Canada



Products

Albacore tuna is available:

- Frozen-at-sea (FAS) whole fish
- FAS steaks
- FAS loins
- Canned
- Hot and cold smoked

Frozen products are available year-round