



www.cport.net

# YELLOWFIN TUNA

*Thunnus albacares*



Yellowfin Tuna Saku Block



Yellowfin Tuna Loin

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

YELLOWFIN TUNA

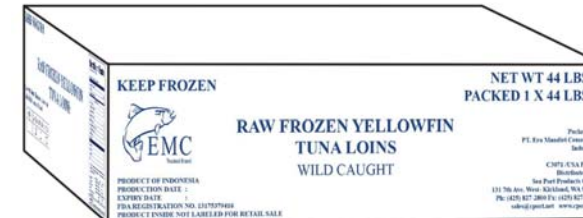


Indonesia

Philippines

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Yellowfin tuna is mild and full of flavor with a firm texture. Excellent raw, many times tuna is ordered rare to preserve its natural appeal. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

For full package details, visit our website.

	Loin	Saku	Steak	Poke Cube	Maki Meat
Size/Grade	4/8 & 8/12 lb (Indo), 7/12 (Vietnam)	A1, AA1, A2 & AA2 Block	4,6,8 & 10 oz	AA Grade & A1 Grade	N/A
Pack	1/44 LB & 1/30 LB IVP	1/10 LB & 2/11 LB IVP	1/10 LB & 1/20 LB IVP	2/11 LB IVP	2/11 LB IVP

SEASONALITY	FLAVOR	TEXTURE
<input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<input checked="" type="radio"/> Mild <input type="radio"/> Medium <input type="radio"/> Strong <input type="radio"/> Sweet	<input type="radio"/> Soft <input type="radio"/> Medium <input checked="" type="radio"/> Firm <input type="radio"/> Meaty

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Seared Sesame Encrusted Ahi Tuna Steak

- INGREDIENTS:**
- |                            |  |
|----------------------------|--|
| 1/4 cup black sesame seeds | 1/2 cup of low sodium soy sauce                  |
| 1/4 cup white sesame seeds | 1 lime - juice and zest                          |
| 1 Tablespoon of sesame oil | 2 cloves of garlic minced                        |
| 2 6 ounce Ahi tuna steaks  | 2 Tablespoons of honey                           |
| salt and pepper to taste   | 1 Tablespoon of sesame oil                       |
|                            | 2 Tablespoons of freshly chopped cilantro leaves |

**DIRECTIONS:**  
 Add all marinade ingredients to a small bowl and mix well. Reserve half of the marinade in a separate container to use as a dipping sauce. Pour the marinade in a large zip lock bag, add the tuna, and then squeeze out the air. Refrigerate and marinate for 30 minutes to an hour, turning the tuna about half way through. Remove tuna from fridge and let stand at room temperature for about 20 minutes or so. Remove tuna from marinade, shaking off any excess marinade and dry on paper towels. Heat a saute pan over medium heat and add 1 tablespoon of sesame oil. The oil should be hot but not smoking. While the pan is heating, arrange your sesame seeds on a flat dish. Roll the tuna around in the seeds pressing down as you roll ensuring the seeds are packed into the tuna nicely. Add the tuna to the hot saute pan and shake it a bit to make sure the tuna does not stick. Sear for 30 to 40 seconds on both sides. Remove and serve with the reserved dipping sauce.

Preparation time: 10 min Serves 2

<http://www.grouprecipes.com/53138/seared-sesame-encrusted-ahi-tuna-steak-recipe.html>

### Nutrition Facts

Serving Size 4 oz (112g)

Amount Per Serving	% Daily Value*
<b>Calories</b> 130	Calories from Fat 14
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 51mg	17%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 27g	
Vitamin A 1%	Vitamin C 1%
Calcium 1%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Tuna, treated with CO (Carbon Monoxide) to promote color retention.



Visit our website for more information on this item

**METHOD OF HARVEST:** Wild Harvest; Purse Seine  
**COUNTRY OF ORIGIN(S):** Vietnam, Indonesia, Philippines, Thailand, FAO 71 & 57

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