













## Seafood Safe Handling Tips

-  Purchase seafood last and keep it cold during the trip home.
-  Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
-  After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
-  Marinate seafood in the refrigerator and discard any used marinade to avoid bacteria from raw juices. For basting, reserve a portion before adding raw seafood.


## Buying and Storing Tips

-  Meat should be firm with a fresh sea breeze aroma and no discoloration.
-  Store fresh fish in the coldest part of refrigerator at 32° F for up to 2 days.
-  To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0° F for up to 2 months. Thaw in the refrigerator or under cold running water.

## Cooking Tips

-  Tuna is traditionally cooked to rare or medium-rare in the center.
-  Cook the tuna steaks to desired doneness, turning once.
-  For rare center, cook 2 minutes on each side.
-  For medium center, cook 3 to 5 minutes on each side.
-  For well-done center, cook 5 to 8 minutes on each side.

## How Much to Buy

-  Steak or fillet 1/3 to 1/2 pound per serving

## Yellowfin Tuna

Torpedo shaped and beautifully colored, yellowfin tuna (*Thunnus albacares*) are members of the very large mackerel (*Scombridae*) family. Tuna are one of the world's most important food fish. Found in warm ocean waters, they restlessly roam the deeper offshore waters of Florida's Gulf and Atlantic Coasts. They travel in schools and are rapid swimmers feeding primarily on fish, squid, crab larvae and shrimp.

Yellowfin tuna can weigh up to 300 pounds but average weights in commercial catches are between 20 and 100 pounds. In Florida, yellowfin are commercially harvested exclusively with hook-and-line which makes the fishery "dolphin-safe".

Yellowfin tuna are versatile food fish and the meat is consumed raw, cooked, smoked and canned. The lean meat is widely used in *sashimi*, raw fish dishes popular in Japan and a connoisseur's delicacy in the United States as well. Yellowfin tuna steak has a firm, dense beef-like texture which makes it excellent for grilling and is traditionally cooked rare to medium-rare in the center as for beef steak.

**Characteristics-** The extra lean meat is firm and dense with a large flake and a sweet, mild flavor. Meat color ranges from pink to deep red but becomes ivory white to tan when cooked.

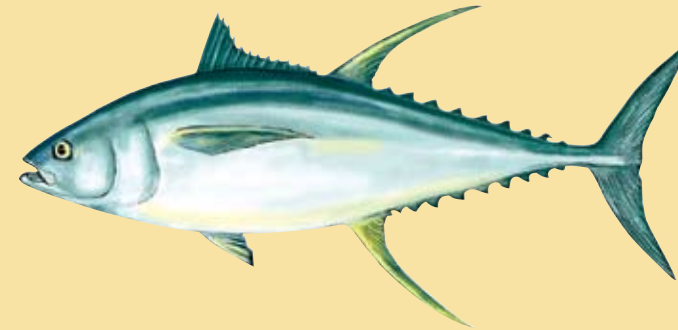
**Substitute Species** - Swordfish, mahi-mahi and king mackerel.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 130, Calories From Fat 20, Total Fat 2g, Saturated Fat 0.5g, Trans Fatty Acid 0, Cholesterol 50mg, Sodium 70mg, Total Carbohydrates 0g, Protein 26g, Omega 3 Fatty Acid 0.23g.



Florida Yellowfin Tuna Loin

**Mislabeled seafood is illegal.** If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.



Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood recipes, species information and brochures can be found at [www.FL-Seafood.com](http://www.FL-Seafood.com).



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# FLORIDA SEAFOOD Recipes

## Yellowfin Tuna



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Florida Department of Agriculture and Consumer Services  
Charles H. Bronson, Commissioner

# Florida Yellowfin Tuna with Pepper Garlic Crust



- 4 8-ounce tuna steaks, 1 1/2-inch thick
- 1/2 tablespoon salt
- 1/2 tablespoon crushed black peppercorns
- 1 tablespoon olive oil
- 1 clove Florida garlic, peeled and chopped

Season the tuna steaks with salt and crushed black peppercorns. Heat oil in a skillet over high heat; add garlic and brown. Add tuna steaks and sear to desired doneness. Cook 2 minutes on each side for rare center; 3 to 5 minutes each side for medium center; 5 to 8 minutes each side for well-done center.

Serves: 4

Nutritional Value Per Serving:

Calories 278, Calories From Fat 50, Total Fat 6g, Saturated Fat 1g, Trans Fatty Acid 0g, Cholesterol 102mg, Total Carbohydrates 1g, Protein 53g, Omega 3 Fatty Acid 0g

# Spice-rubbed Yellowfin Tuna with Florida Pink Shrimp

- 1 tablespoon paprika
- 1 tablespoon cayenne powder
- 1 teaspoon white pepper, freshly ground
- 1 tablespoon turmeric
- 1 teaspoon coriander
- 1 tablespoon cumin
- 4 fresh rosemary sprigs
- 12 medium Florida pink shrimp, peeled, tail on
- 4 8-ounce Florida yellowfin tuna steaks
- 1 tablespoon olive oil

Combine spices in a small bowl. Strip the leaves from the lower half of each rosemary sprig to make a skewer. Thread shrimp onto skewers. Brush shrimp and tuna steaks with olive oil then coat with spice mixture. Heat stove top grill or gas grill to high heat. Place shrimp on grill and cook 2-3 minutes per side until opaque. Place tuna steaks on grill and cook to desired doneness, turning once. Cook 2 minutes on each side for rare center; 3 to 5 minutes each side for medium center; 5 to 8 minutes each side for well-done center.

Yield: 4 servings

Nutritional Value Per Serving:

Calories 339, Calories From Fat 67, Total Fat 8g, Saturated Fat 2g, Trans Fatty Acid 0g, Cholesterol 129mg, Total Carbohydrates 8g, Protein 58g, Omega 3 Fatty Acid 0.09g



# Seared Yellowfin Tuna with Orange Teriyaki

- 2 tablespoons butter
- 1 yellow Florida onion, thinly sliced
- 1 cup orange marmalade
- 1/4 cup teriyaki sauce
- 2 tablespoons Florida orange juice
- 1 teaspoon fresh ginger root, grated
- 1 teaspoon curry powder
- 1 Florida habñera pepper, seeded and diced
- 4 8-ounce Florida yellowfin tuna steaks
- cracked black pepper
- 2 tablespoons olive oil
- Florida orange slices for garnish

In a small sauce pan, melt butter and sauté the onion over medium heat until soft. Add marmalade, teriyaki sauce, orange juice, ginger, curry powder and diced habaneras; heat through. Set aside and keep warm. Coat tuna steaks with cracked pepper. Heat olive oil in sauté pan over medium high heat; sear tuna to desired doneness, turning once. Cook for 2 minutes on each side for rare center; 3 to 5 minutes each side for medium center; 5 to 8 minutes each side for well-done center. Spoon the orange teriyaki sauce over steaks in the pan to glaze or spoon sauce onto plate and place tuna on top. Garnish with orange slices.

Yield: 4 servings

Nutritional Value Per Serving:

Calories 601, Calories From Fat 135, Total Fat 16g, Saturated Fat 5g, Trans Fatty Acid 0.2g, Cholesterol 117mg, Total Carbohydrates 63g, Protein 54g, Omega 3 Fatty Acid 0.02g

# Grilled Yellowfin Tuna with Mango-Banana Chutney

- 1 8-ounce jar prepared mango chutney
- 1/2 cup water
- 1 cup bananas, diced
- 1 cup Florida mango, diced
- 1/4 cup seedless raisins
- 1 tablespoon olive oil
- 4 8-ounce Florida yellowfin tuna steaks
- salt, to taste
- pepper, to taste

In a medium saucepan, combine chutney and water and heat to a simmer. Add diced bananas, mango and raisins to saucepan; simmer, uncovered for 10 minutes, stirring occasionally. Remove from heat, cover and let stand 30 minutes. Lightly oil stove top grill and heat over high heat. Cook the tuna steaks to desired doneness, turning once. Cook for 2 minutes on each side for rare center; 3 to 5 minutes each side for medium center; 5 to 8 minutes each side for well-done center. Serve topped with mango-banana sauce.

Makes: 4 servings

Nutritional Value Per Serving:

Calories 466, Calories From Fat 75, Total Fat 8g, Saturated Fat 1g, Trans Fatty Acid 0g, Cholesterol 89mg, Total Carbohydrates 52g, Protein 48g, Omega 3 Fatty Acid 0.03g

