

Safe Handling Tips

- When shopping, 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.
- Always marinate seafood in the refrigerator. Discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade 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 the refrigerator at 32 degrees for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to two 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. Found in warm ocean waters, they restlessly roam the deeper offshore waters of Florida's Gulf and Atlantic coasts.

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."

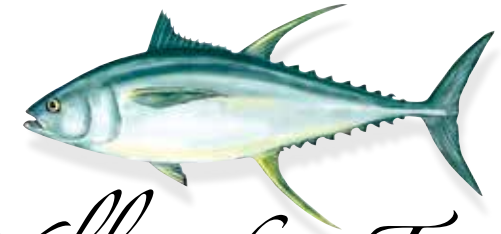
Yellowfin tuna are versatile food fish and the meat is consumed raw, cooked, smoked and canned. The lean meat is widely used in sashimi, raw fish dishes popular in Japan and a connoisseur's delicacy in the United States as well. Yellowfin tuna steak has a firm, dense beef-like texture which makes it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

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.

Mislabeling 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 at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

FreshFromFlorida.com/Seafood



Yellowfin Tuna



Florida Department of
Agriculture and Consumer Services

FDACS-P-01445
Rev. 04-2016



FreshFromFlorida.com/Seafood



Seared Florida Tuna Steaks with Mediterranean Relish

Ingredients

- 4 6-ounce tuna steaks
- 1 Cup kalamata olives, pitted, sliced
- 3 Cloves fresh garlic, minced
- 1 Cup grape tomatoes, halved
- 2 Tablespoons capers, drained
- ¼ Cup fresh herbs (basil, parsley), hand torn
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons olive oil
- ½ Cup feta cheese, diced
- Sea salt and fresh ground pepper to taste

Preparation

In a medium-sized mixing bowl combine olives, garlic, tomatoes, capers, herbs, lemon juice, olive oil and feta cheese. Lightly stir ingredients to combine. Taste and adjust seasoning with salt and pepper. Preheat a medium-sized sauté pan over medium-high heat. Season both sides of the tuna steaks lightly with salt and pepper. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the tuna steaks to the sauté pan. Cook tuna steaks to preferred doneness (tuna cooks very quickly, and is usually served rare). To serve tuna, slice each steak in half and plate them with even amounts of relish on top.

Yield

4 servings



Florida Yellowfin Tuna Nicoise

Ingredients

- 4 4-ounce tuna steaks
- 2 Tablespoons olive oil
- Sea salt and cracked black pepper to taste
- 8 Ounces French cut green beans, ends trimmed and cooked
- 1 Cup cherry tomatoes, cut in half
- Vinaigrette dressing, lemon or mustard
- 2 Heads romaine lettuce, cut in half lengthwise
- 1 Cup Kalamata or nicoise olives, pitted
- 4 Eggs, hard-boiled and sliced
- Herbed goat cheese (optional)
- Fingerling potatoes, boiled and cut into quarters (optional)
- Asparagus spears, cooked (optional)

Preparation

Season the tuna on both sides with salt, pepper. Heat olive oil in a sauté pan over high heat; add tuna steaks and sear for 2 minutes on each side for medium rare. Remove from heat and slice thin. Set aside to cool. In a medium bowl, toss the vegetables with vinaigrette dressing. Place romaine lettuce on plates and arrange the vegetables, olives and egg slices around the greens toward the outside of the plate. Place the tuna steak on top of the greens. Drizzle a small amount of vinaigrette over the tuna and vegetables. If using goat cheese, crumble a small amount on top of the tuna. Nicoise salad should be served at room temperature or cold.

Yield

4 servings



Peppercorn Crusted Florida Tuna Steak with Sweet Potato Fries

Ingredients

- 4 6-ounce tuna steaks
- Oil for cooking
- 3 Large sweet potatoes, peeled and sliced into fries
- Sea salt and fresh ground pepper to taste
- 4 Tablespoons peppercorn blend, crushed or course ground
- 1 Lemon, quartered
- 4 Sprigs fresh herbs (thyme, rosemary), for garnish

Preparation

Preheat oven to 375 degrees. In a medium-sized mixing bowl, add sweet potato, 1 tablespoon oil, and season with salt and pepper. Toss ingredients to coat. Evenly distribute the seasoned fries on a full-size cookie sheet. Place cookie sheet on the middle rack in the preheated oven. Cook fries for 15 to 25 minutes or until fries are golden brown and tender. Remove from oven and serve immediately. Preheat a large-sized sauté pan over medium-high heat. Season both sides of the tuna steaks with salt and course ground pepper. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the tuna steaks to the sauté pan. Cook tuna steaks to preferred doneness (tuna cooks very quickly and is usually served rare). Serve tuna steaks with sweet potato fries and garnish with lemon and fresh herbs.

Yield

4 servings