

Tuna (Fish & Seafood)

Interesting facts: Tunas are one of the most consumed fish species. There are 8 species of tuna. All species of tuna are nomadic, which means that they do not spend their entire life on a single place. Instead, they often change their location. Tunas are over-fished in different parts of the world, especially in Japan and Australia. As a result, number of tunas decreased for over 90% percent since the beginning of 20th century. Although tunas are listed as endangered species, fishermen around the world hunt them persistently. Tuna are some of the fastest swimmers in the ocean, some tuna has had burst speeds recorded of around 30mph.

How to select: Canned tuna has less mercury and other toxins than fresh tuna. So buy canned from sustainable sources. When buying tuna steaks, look for those that have been trimmed neatly, with firm, dense red or dark red flesh and a meaty aroma. Thicker-cut steaks will stay juicier during the cooking process.

What to avoid: Avoid those with strong discoloration around the bone, or which have a dull, brownish cast.

How to clean and store: Do not store in opened metal can — refrigerate in covered glass or plastic container after opening. Freeze in covered airtight containers or heavy-duty freezer bags.

How to prepare and cook:

Searing: Trim tuna steak and marinate the tuna in a mixture of tamari (wheat free soy sauce), olive oil, salt, and pepper (*with some cayenne for some heat, if you want*) preferably for at least ten minutes, or overnight. For a typical tuna steak (*about 1.5" thick*), sear on each side for 2½ minutes. Serve rare to medium rare.

Recipe idea:

Tuna Salad: To one can of tuna place in bowl with 1-2 tablespoons mayonnaise, 1-2 tablespoon finely chopped celery, 1 tablespoon minced red onion, 1/8 teaspoon curry powder, pinch of salt and black pepper. Mix together and make a sandwich or fill ½ avocado or tomato and serve on a bed of lettuce.