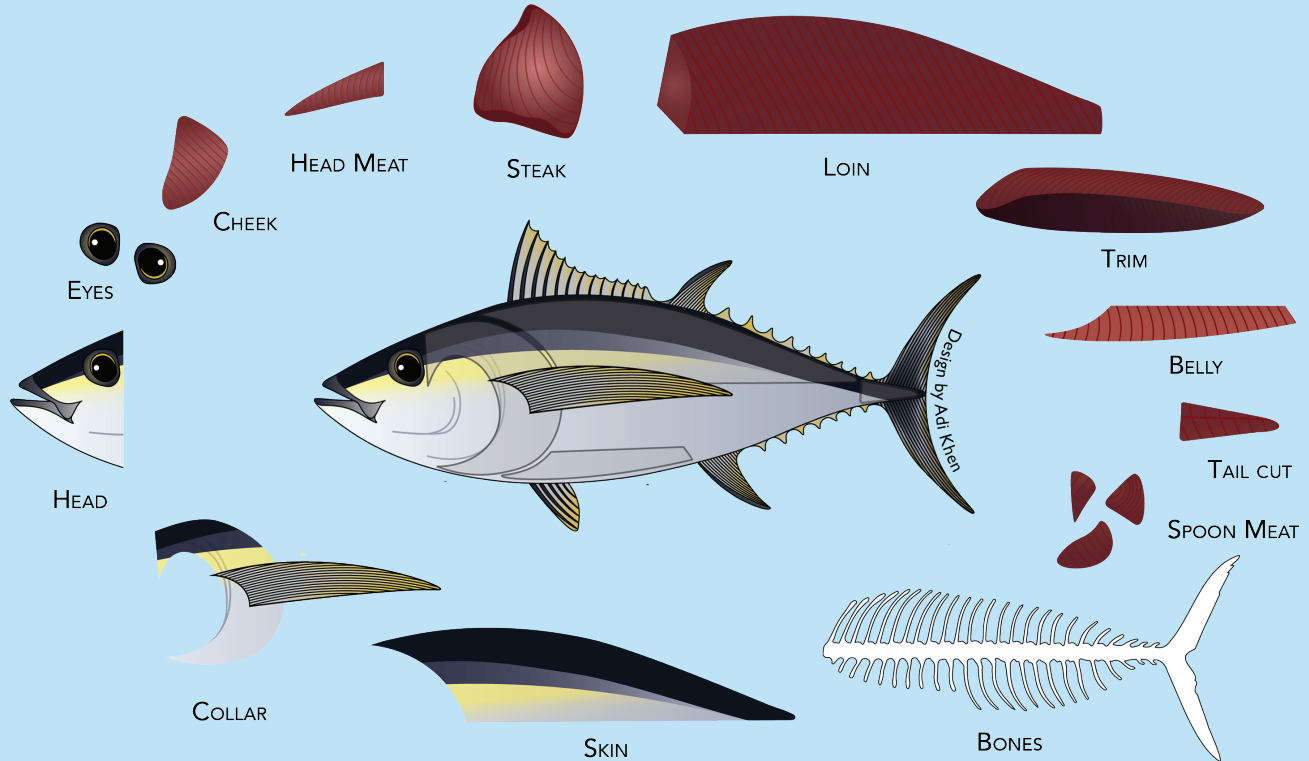


Bigeye Tuna Guide

Thunnus obesus



BIGEYE TUNA (*Thunnus obesus*)

Pacific bigeye tuna are torpedo-shaped fish, dark above and silvery-white below. You might know them better as the pink to dark red loins that make it to the seafood market as ahi, along with the very similar yellowfin tuna.

Bigeye are fast-growing and can live 7 to 8 years, reaching 6.5 feet long and 250 pounds [1]. Their streamlined bodies allow them to chase down squid, fish, and crustaceans. Bigeye follow a striking daily foraging pattern - during the day, they make repetitive dives into deep waters, while at night, they remain in warmer, surface waters [2]. They prefer warmer seas, and there are multiple stocks, or genetic populations, globally [1].

U.S. fishermen catch bigeye throughout the eastern Pacific Ocean on Pacific Islands- and West Coast-permitted longline vessels [3]. The Inter-American Tropical Tuna Commission (IATTC), of which the U.S. is a member, carefully manages harvest by setting catch limits in response to best available science. In addition to international management measures, U.S. longliners are monitored by observers and subject to strict regulations including bycatch reduction measures, such as area closures, and gear and bait restrictions. A 2010 comparison of bycatch rates demonstrated that U.S. vessels caught far fewer turtles than comparable foreign vessels [4].

Bigeye tuna is low in saturated fat and sodium. It is an excellent source for vitamins B6 & B12, selenium, niacin and phosphorus [5]. Extremely versatile, it is delicious grilled, seared, or as sashimi or poke! Pick alternative cuts like the head, collar or belly for succulent grilling options - with a higher fat content, these will melt in your mouth. Get your hands on a backbone and scrape with a spoon for easy tuna mince - ready for burgers or spicy tuna rolls!

REFERENCES [1] NOAA FISHERIES. SPECIES PROFILE: [PACIFIC BIGEYE TUNA](#). [2] BRILL ET AL., 2005. [BIGEYE TUNA \(THUNNUS OBESUS\) BEHAVIOR AND PHYSIOLOGY AND THEIR RELEVANCE TO STOCK ASSESSMENTS AND FISHERY BIOLOGY](#). COLLECTIVE VOLUME OF SCIENTIFIC PAPERS ICCAT, 57(2): 142-161. [3] PACIFIC FISHERIES MANAGEMENT COUNCIL, HIGHLY MIGRATORY SPECIES: [FISHERY MANAGEMENT PLAN & STATUS OF STOCKS](#). [4] BARTRAM ET AL., 2010. [SEA TURTLE BYCATCH TO FISH CATCH RATIOS FOR DIFFERENTIATING HAWAII LONGLINE-CAUGHT SEAFOOD PRODUCTS](#). MARINE POLICY, 34(1): 145-149. [5] NOAA FISHERIES. FISHWATCH: U.S. SEAFOOD FACTS. [PACIFIC BIGEYE TUNA](#).



**NOAA
FISHERIES**



FISHWATCH®



VIETNAMESE CARAMEL GLAZED TUNA COLLAR



Chef Christina Ng, Chinitas Pies

Ingredients

*1 tuna collar
1 tbsp salt*

For Glaze

*½ cup sugar
¼ cup + 2 tbsp water
1 tsp soy sauce,
½ tsp fish sauce
juice of 1 lime
pinch of white pepper
pinch of salt*

Directions

1. In a saucepan, combine 2 tbsp water and sugar, stir until combined. Set over medium heat and cook until a light tea color is achieved. Avoid stirring as this mixture is cooking.
2. Once mixture is a light brown, turn off heat. Stir in ¼ cup water, soy sauce, lime juice, fish sauce, white pepper & salt. Reserve to glaze.
3. Salt collar evenly, especially on the skin side.
4. Heat grill to medium (400-425°F). Place collar skin side down onto grill, cook for 12-15 minutes, rotating collar 180° after 6 minutes.
5. Flip collar skin side up, cook for 6-8 minutes more. Flip back to skin side down, glaze with Vietnamese caramel. Cook for 1-2 more min, then plate with cilantro and seasonal vegetables to garnish.



**NOAA
FISHERIES**



FISHWATCH



TUNA BLOODLINE YAKITORI

Chef Davin Waite, Wrench & Rodent Seabasstropub.
Recipe published in "[Sushi Master](#)" by Nick Sakagami.



WRENCH & RODENT SEABASSTRO PUB

Ingredients

12 oz tuna bloodline

½ cup soy sauce

½ cup mirin

1/4 cup sushi-zu*

1/4 cup packed light brown sugar

1 tsp ground white pepper

2 tsp minced garlic

2 tsp fresh ginger (grated & peeled)

2 tsp olive oil (optional)

Bamboo skewers

Directions

1. Cut bloodline into strips ~ ½ x 3 in. Cut against the grain at a 90° angle. Place strips in a bowl under a trickle of cold running water for 30 min, draining off the cloudy water occasionally. Place fish in a dry strainer, shake off excess water.
2. While the water is running, prep marinade. In a small bowl, combine soy sauce, mirin, sushi-zu, brown sugar, white pepper, garlic and ginger. Stir until sugar dissolves.
3. Transfer fish strips to a resealable bag, pour in marinade. Seal the bag, refrigerate overnight. Meanwhile, soak skewers in water.
4. Prepare a hot fire in a charcoal or gas grill. Skewer the marinated strips, place skewers on the hot grill. Cook 3 to 4 min per side. Alternatively, you can pan fry them in olive oil over high heat for 3 to 4 min per side. Serve immediately.

* *Sushi-zu is seasoned rice vinegar used to flavor rice. To make 1 cup sushi-zu, combine 1/2 cup rice vinegar, a scant 1/2 cup sugar, and scant 2 tbsps salt.*



NOAA
FISHERIES



FISHWATCH.



PAN SEARED TUNA CHEEKS

Chef Rob Ruiz

Ingredients

1 tuna head / 2 cheeks

Avocado oil (or other high heat cooking oil)

Salt & pepper to taste

Directions

1. To expose the cheeks, use a sharp knife to “skin” both sides of the head under each eye. Slide your knife under the cheek to separate it from the bone, using a kitchen towel for a firm grip.
2. Prep cheeks by evenly sprinkling salt and pepper over both sides.
3. Heat oil in a pan on high. Place both cheeks in the pan to sear.
4. Cooking time will depend on size of cheeks & personal preference. For rare, cook 2 min per side. Plate with seasonal vegetables.

[Watch a video of Chef Rob preparing this dish!](#)



**NOAA
FISHERIES**



FISHWATCH



TUNA BURGER PATTIES

Kim Coelho

Ingredients

**1.5 lbs tuna spoon
meat**

1/2 cup red onion

1/2 cup scallions

1 tbsp garlic

1.5 tbsp ginger

1 tbsp Dijon mustard

1/2 tsp salt

*couple drops tabasco
sauce (optional)*

seasoned flour

Directions

Makes 2 lbs of burgers to make 4-½ lb patties or 8-¼ lb patties.

1. Finely dice fish, remove any sinew. If available, use a meat grinder.
2. Finely dice red onion, scallions, garlic & ginger. Put all ingredients except fish into a food processor. Blend to a fine paste.
3. Combine seasonings with fish. Use your hands to form patties.
4. Dust patties with seasoned flour. Cook on hot grill for 2-3 min per side. Do not squish down. When golden brown outside & opaque inside, they are ready. Serve with your favorite toppings on a bun.
5. Freeze any extra patties (separate with parchment paper to prevent sticking). Cook directly from frozen, at least 5 min per side.



**NOAA
FISHERIES**



FISHWATCH



BIGEYE TUNA POKE

Emily Miller

Ingredients

*½ lb sushi grade tuna
loin, tail or spoon meat*

sushi rice

1 avocado

cherry tomatoes

2 small cucumbers

½ Asian pear

2 radishes

For Classic Spicy Dressing

*½ red onion, 2 green
onions, ¼ cup soy sauce,
3 tbsp brown sugar,
3 tbsp sesame oil, 1 tbsp
garlic, 1 tbsp ginger,
1 tbsp jalapeno, 1 tsp red
pepper flakes*

Directions

1. Prepare fish by dicing into bite-size pieces. Return fish to fridge to keep firm until serving. Thinly slice avocado, cucumbers, radishes, and Asian pear. Mince tomatoes.
2. Mince red & green onion, garlic, ginger and jalapeno. In a small bowl, combine with the rest of the dressing ingredients. Mix well.
3. Place 1-2 scoops of fresh rice in a deep bowl. Arrange equal parts sliced avocado, cucumber, radish, pear, & cherry tomatoes over rice.
4. Combine dressing with fish, coating evenly. Top rice bowl with 1-2 scoops fish. Garnish with sesame seeds & green onion, if available.

For two more ideas for dressings, check this recipe out on [FishfulFuture.com!](https://www.fishfulfuture.com)



**NOAA
FISHERIES**



FISHWATCH



FIN'S TUNA TREATS

* for dogs *

Chef Karen Barnett

Ingredients

1 lb tuna trim

2 tbsp minced ginger

2 tbsp dried basil

*2 tbsp ground
cinnamon*

¼ cup raw honey

*1 cup apple cider
vinegar*

water

Directions

1. Combine ginger, basil, cinnamon, honey, and apple cider vinegar in a bowl. Whisk to emulsify.
2. Cut tuna into strips, against the grain. Going against the grain will allow for easier breaking into bites later. In a bowl, coat strips with the marinade and add enough water to completely cover the pieces. Refrigerate for as little as 1 hour or up to 24 hours.
3. Preheat oven to 275°. Using tongs, place tuna strips onto a parchment lined cookie sheet. Discard remaining marinade liquid. Bake for 15 minutes.
4. Decrease oven temperature to 170° and bake for 4 hours before turning each piece over and baking an additional 5 hours.
5. Turn oven off and leave in the oven to cool/dry completely before packaging in an airtight bag/container to store.



**NOAA
FISHERIES**



FISHWATCH®



TUNA EYEBALL JUICE



WRENCH & RODENT SEABASSTROPUB

Chef Davin Waite, Wrench & Rodent Seabasstropub

Ingredients

1 tuna head / 2 eyes

salt & pepper

minced garlic

celery leaves

1 large ice cube

tin foil

charcoal

[Watch a video
of Chef Davin
preparing this dish!](#)

Directions

1. Extract eyeballs from tuna head. Cut a half-moon around the back half of the eye. Make sure not to cut too close to the eye, as you don't want to puncture the socket. Pull the half-moon of skin away, and use your fingers to get under the eye socket to pop out without puncturing. Repeat for the other eye.
2. Create your foil pouch using two layers of tin foil. On the top piece of foil, place both eyeballs, salt and pepper to taste, minced garlic, one large ice cube, and celery leaves (or other herbs). The ice cube acts as a time-release steam for the eyeballs, without submerging it in water.
3. Prepare your smoker with 2 or 3 large handfuls of charcoal. Shoot for a temp of 180F (up to 230F is ok). Place your foil pouch on the smoker to steam slowly, about two hours.
4. Remove pouch from the smoker. Carefully open the pouch, and pour the contents through a strainer into a small bowl. Save the juice, compost the eye sockets & herbs!
5. Use the juice to flavor tuna nigiri made from the loin of the same fish. Using a spoon, drizzle the warm eyeball juice over each piece of nigiri, and serve immediately.



**NOAA
FISHERIES**



FISHWATCH



MEDITERRANEAN TUNA SALAD

Kim Coelho

Ingredients

1-5 oz can of tuna,
ideally in olive oil
1 tbsp olive oil
1 tbsp lemon juice
¼ cup red onion, thinly
sliced
¼ cup roasted red bell
pepper, thinly sliced
2 tbsp basil, chiffonade

Directions

1. Open your can of tuna and break up the meat with a fork.
2. Thinly slice the red onion and red bell pepper. Chiffonade (slice into long, thin strips) the basil.
3. In a small bowl, whisk together the olive oil and lemon juice.
4. In a larger bowl, combine the tuna, red onion, bell pepper, basil, and dressing. Season with salt if needed.
5. Serve cold, mix into a green salad, or use as a filling for a tuna melt or quesadilla!



**NOAA
FISHERIES**



FISHWATCH



TUNA HOEDOEP-BAP

Korean Sashimi Salad over Rice

Emily Miller

Ingredients

½ lb sushi-grade tuna

Short-grain / sushi rice

*2 small cucumbers
(Persian/cocktail)*

½ Asian Pear

1 cup daikon radish

1 carrot

*3-4 leaves Red Leaf or
Romaine Lettuce*

*Toasted sesame seeds &
green onions for garnish*

For Sauce

*3 tbsp gochujang, 2 tbsp
rice vinegar, 1 tbsp sugar,
1 tbsp sesame seed oil, 2
tbsp soy sauce, 2 cloves
garlic, 2 green onions*

Directions

1. Prepare the fish by dicing into bite-size pieces. Return to the fridge to keep firm and chilled until serving.
2. Mix together the ingredients for the sauce until blended.
3. Place 1-2 scoops of freshly-cooked rice in a deep bowl. Deep bowls are best to accommodate the sliced vegetables and allow for vigorous mixing of your hoedeopbap.
4. Arrange equal portions of the vegetables around the rice. Top with a few scoops of chilled fish.
5. Place a spoonful or two of the sauce over the fish. Garnish with green onion and sesame seeds.
6. Before eating, stir contents of the bowl together to blend the sauce evenly throughout the dish! Enjoy with chopsticks or a spoon.

Learn more about this dish at [FishfulFuture.com](https://www.fishfulfuture.com)!



NOAA
FISHERIES



FISHWATCH



BASQUE INSPIRED TUNA HEAD SOUP



Chef Christina Ng, Chinitas Pies

Ingredients

1 tuna head
½ cup olive oil
1 medium onion
1 bell pepper
4 garlic cloves
½ cup white wine
1 tsp smoked paprika
8 cups veg stock or water
1-28oz can diced tomatoes
1 bay leaf
2 medium potatoes
1.5 tsp salt + more to taste
2 pinches white pepper
3 tbsp parsley
Juice of ½ lemon

Directions

1. Dice onion, bell pepper and potatoes. Thinly slice garlic.
2. Heat oil on medium low in stockpot. Sauté onions & bell pepper for 10-12 min until softened. Add garlic, sauté for 2 min.
3. Add 1 tsp salt, smoked paprika & white wine, cook for 2-3 minutes.
4. Add stock or water, canned tomatoes (with juices), tuna head, and bay leaf. Bring to a boil, then lower to simmer. Add ½ tsp salt. Skim off any foam that gathers on the sides of the pot.
5. Simmer 10 min, then add potatoes. Simmer 15 more min or until meat releases from bones & potatoes are tender.
6. Using tongs & a spoon, remove meat from bones. Season soup to taste with salt and white pepper. Serve soup with tuna meat, and garnish with parsley, a squeeze of lemon, and a drizzle of olive oil.



**NOAA
FISHERIES**



FISHWATCH

