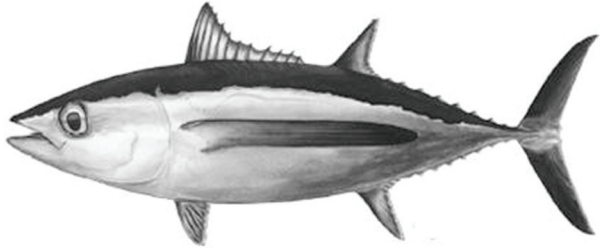


Albacore Tuna

Fish Watch *U.S. Seafood Facts*



Population levels are high and overfishing is not occurring.

Pacific albacore tuna is a highly migratory species and requires cooperative, international management. The Inter-American Tropical Tuna Commission and the Western and Central Pacific Fisheries Commission are the international management authorities.

Albacore is very low in sodium and is a very good source of protein, vitamin A, vitamin B12, selenium, and niacin.

About one third (31%) of the albacore sold in the U.S. comes from U.S. fisheries; the rest is imported.

Get the facts
fishwatch.noaa.gov

Herb-broiled Pacific Albacore



Ingredients:

- 1 1/2 pounds Pacific albacore loin cuts, boneless and skinless, 3/4 inch thick
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried basil
- 4 teaspoons chopped parsley
- 1 teaspoon Dijon mustard
- 1/4 cup lemon juice
- Salt and pepper to taste
- 1/2 teaspoon lemon peel, coarsely grated

Rinse albacore with cold water; pat dry with paper towels. In a small saucepan, melt butter. Add basil, parsley, mustard, lemon juice, and salt and pepper to taste. Place albacore in a glass ceramic baking dish; top with 3/4 of the marinade. Marinate in refrigerator at least 30 minutes, turning once. Drain albacore, and discard used marinade. Place on well-greased broiler pan; baste with reserved marinade. Broil 4-5 inches from source of heat for 3 minutes. Albacore should be pink in the center when removed from heat. Transfer to serving platter and sprinkle with lemon peel.

Make informed seafood buying choices.
Go to fishwatch.noaa.gov and get the facts.

