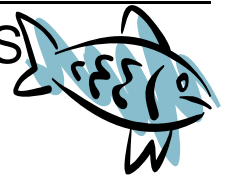




THE WILD SALMON SEAFOOD MARKET'S GUIDE TO



SWORDFISH, AHI, TOMBO & MARLIN

SWORDFISH (SHUTOME)

Swordfish also known as broadbill or shutome in Hawaii, are the most widely distributed of all billfish in the Pacific Ocean. Swordfish are harvested by longline boats and trolling methods. Swordfish offers a firm texture and color will vary from pale to pinkish. When cooked swordfish is tender and very mild in taste. Swordfish is ideal for grilling, searing and broiling, taking care not to overcook. As swordfish offers a mild flavor, it lends itself well to sauces, marinades and salsas. However, a simply prepared swordfish steak, should not be overlooked.

AHI (YELLOWFIN TUNA)

Ahi also known as yellowfin tuna is one of the most highly prized tuna's throughout the world. Ahi is harvested year-round from the Pacific Ocean around the islands of Hawaii. Ahi is harvested by longline boats and trolling methods. Ahi offers a dense firm texture and a rich red meat color. With its firm dense texture many compare Ahi to that of a premium cut of fillet mignon. Ahi is the preferred tuna of many sushi bars but is also excellent when seared, grilled or blackened. With its full flavor and firm texture, Ahi also adapts well to numerous preparations.

TOMBO (ALBACORE)

Tombo also known as Albacore Tuna are found throughout the Pacific Ocean with the majority of our fish coming from the waters off of the Hawaiian Islands. Tombo are harvested by longline methods. Tombo offers a firm texture with a pinkish - gray meat color. As raw fish, Tombo is soft and difficult to slice into sashimi, although once cooked, the texture firms up nicely. Tombo also has a tendency to "dry-out" so care should be taken not to overcook. Searing and grilling are the preferred cooking methods. With its mild flavor and firm texture, Tombo also adapts well to numerous preparations.

MARLIN (KAJIKI & NAIRAGI)

Two species of Marlin are available. Blue Marlin (Kajiki) and Striped Marlin (Nairagi). The two are almost identical in flavor and texture, although some claim Striped Marlin to be somewhat superior because of its extraordinarily tender meat. Marlin are harvested by longline boats throughout the Pacific with the waters of the Hawaiian Islands being our primary source for this fish. Marlin offers a firm but tender texture with meat color varying from amber to light pink to orange-red. Ideal for grilling but also offers versatility in cooking methods. Both Blue and Striped Marlin are also used for sashimi.

The above fish all offer a firm texture with a medium to mild flavor. Preparation can be a simple searing to more elaborate marinades, sauces and salsas. With its firm texture, swordfish is excellent when cubed and skewered for kabobs. Ahi cooked rare makes for an exquisite meal. Seared Marlin or Tombo just can't be beat. Some claim that these fish with their firm (rather than flaky) texture compares to eating the most tender of steaks, satisfying ones craving for red meat and thus avoiding the high fat content of red meat.

Searing, grilling or broiling are the preferred cooking methods for these fish, although each fish is very versatile. Most important is to always take care not to over cook.

WILD SALMON SEAFOOD MARKET

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THE WILD SALMON SEAFOOD MARKET'S GUIDE TO Swordfish, Ahi, Tombo and Marlin Recipes



<p>Basil-Lemon Swordfish with Sautéed Vegetables</p> <p>2 - 8 oz Swordfish Steaks skin removed 1 large clove of garlic - minced 2 tbsp. Lemon juice 2 tbsp. Olive oil 1/2 tsp Basil Salt and Pepper to taste Asst. Vegetables cut (carrots, broccoli, onion)</p> <p>Combine garlic, lemon juice, olive oil and basil. Add salt and pepper to taste. Divide marinade in half, reserving half. Marinate swordfish for 1/2 hour under refrigeration. Pan-sear over medium high heat approximately 3-4 minutes per side. When done remove swordfish from pan and add vegetables. Sauté vegetables with reserved marinade until tender crisp. Serve with swordfish. Serves 2.</p> <p><i>Fish substitutions: Tombo, Marlin</i></p>	<p>Blackened Tombo or Ahi</p> <p>6 - 8 oz Tombo or Ahi Steaks skin removed 3 tbsp. Paprika 2 tsp. Salt 2 tsp. Onion powder 2 tsps. Garlic powder 1 1/2 tsp. Cayenne pepper 1 1/2 tsp. Black pepper 1 1/2 tsp. Dried thyme, crushed 1 1/2 tsp. Dried oregano, crushed 1/4 cup Olive Oil</p> <p>Combine all ingredients and blend well. Coat Tombo steaks with olive oil and then pat both sides with blackening mixture. Heat an iron skillet until almost red-hot. This should take about 5 to 10 minutes. With the heat on high add the Tombo steaks (they will smoke like crazy). Cook approximately 2-3 minutes per side. Serves 6. Serve with "Cajun style" rice.</p>
<p>Simple Seared Fish</p> <p>Searing Ahi, Tombo, Marlin or Swordfish is a simple, healthy and delicious preparation.</p> <p>Lightly brush fish with olive oil and add salt and pepper to taste. Sear over medium-high heat approximately 3 minutes per side. (Time will vary with thickness of fish).</p> <p>For variation infuse olive oil with garlic or appropriate seasoning before brushing on fish.</p> <p>Remove from heat, let rest for one minute and serve. This method also works well on your outdoor grill.</p> <p>A warm teriyaki sauce drizzled over the fish creates a nice finish. Serve with steamed white rice.</p>	<p>Lime-Mustard Marlin Marinade</p> <p>4 - 8 oz Marlin steaks 1/4 cup shoyu (soy & wheat soy sauce) 1 3/4 tsps. Lime zest 3 tbsp. Fresh lime juice 2 cloves garlic-minced 1 tbsp. Ginger root - minced 2 tsp. Dijon mustard 3 tbsp. Peanut oil 4 tbsp. Green onion, chopped Salt and pepper to taste</p> <p>Combine all ingredients and blend well. Pour over Marlin steaks and marinate under refrigeration for at least one hour. Remove from marinade. Broil or grill approximately 3-4 minutes per side. Serves 4.</p>
<p>Baked Tomato Basil Butter Swordfish</p> <p>2 - 8 oz Swordfish steaks skin removed 3 tsps. Garlic- minced 4 tomatoes - diced 3 tbsp. Fresh basil- chopped 1/2 cup butter- unsalted 2 tbsp. Lime juice</p> <p>Preheat oven to 375° F. Melt 1/4 cup butter and 1 tsp. garlic over medium-low heat. In a second pot melt remaining butter, stir in tomatoes, basil and lime juice. Cook until just boiling then reduce heat and simmer. Arrange fish in a shallow baking pan and cover with the garlic butter mixture. Bake for 6 minutes; turn and continue baking for an additional 6 minutes or until done. To serve place steaks on plate and spoon the tomato basil butter over steaks. Serves 2.</p> <p><i>This is a hearty dish and is great when served over a bed of fettuccini accompanied by grated parmesan cheese and a fresh baguette.</i></p>	<p>Seared Ahi with Chardonnay Sauce</p> <p>2 - 6 to 8 ounce Ahi steaks skin removed 2 tbsp. Macadamia nut oil 2 tbsp. Fresh basil- chopped 2 tbsp. Fresh cilantro - chopped</p> <p>Toss chopped herbs together. Coat Ahi in macadamia nut oil and roll Ahi in herbs. Sear Ahi over very high heat to 2-3 minutes per side. Remove from heat and slice thinly on the bias.</p> <p>Sauce 1/2 cup Chardonnay wine 2 tbsp.. Fresh Ginger-grated 2 tbsp. Garlic-minced 2 tbsp. Onion-minced 2 tbsp. Butter 2 tbsp. Soy Sauce 2 tbsp. Green onion-chopped</p> <p>Combine wine, ginger, garlic, onion, butter and soy sauce over high heat. Cook until volume is reduced by one half. Add green onions and lightly coat the center of a plate with sauce. Arrange Ahi slice over sauce. Drizzle lightly with a bit more sauce and serve. Garnish with sesame seeds if desired. Serves 2-4.</p>