



## *Fresh Albacore Tuna*

*Thunnus alalunga*

Albacore is known as the highest grade “white-meat” Tuna, in fact it’s the only Tuna allowed to be labeled “white meat”. Though mostly known as a premium canned tuna it has a very high reputation in the fresh market.

Albacore has a mild, rich taste and a firm steaky texture with large moist flakes. Albacore meat is less dense than Yellowfin or Bluefin, *though it is the fattiest Tuna specie with **the highest amount of Omega-3’s** than the rest of the tuna’s.*

Albacore has the lightest colored meat of all the Tuna’s that can range from beige – to slightly pink when raw. It cooks up white. Albacore should appeal to meat-lovers, especially those who like to grill. Best served rare-medium rare, and well suited for flavorful seasonings, sauces, and marinades.

