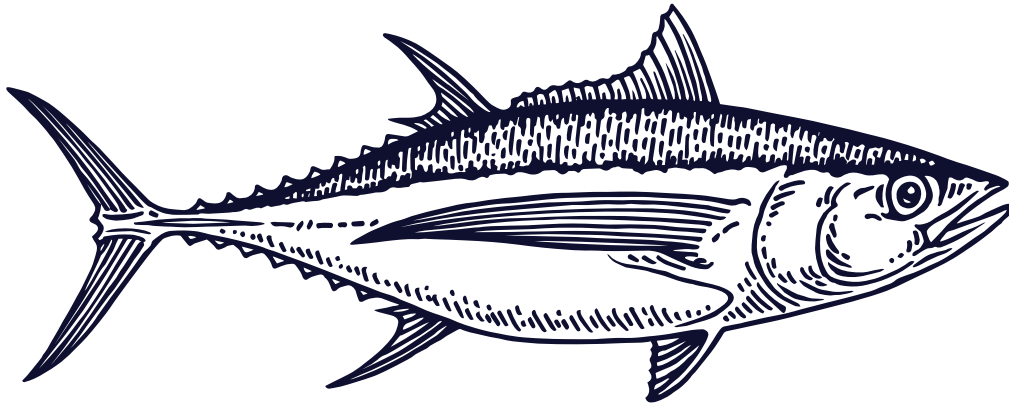




SUPERIOR

CATCH OF THE WEEK



TOMBO (ALBACORE TUNA)

Thunnus alalunga

Description: “Tombo” means dragonfly in Japanese and refers to the very long pectoral fins of the albacore that can equal as much as 30% of the total length. Depending on size, its flesh ranges from whitish-pink to deep pink in color. It’s the lightest and mildest in flavor of all tunas.

Habitat: Tombo is found in open waters of all tropical and temperate oceans. They are a highly migratory species, swimming long distances throughout the ocean. Temperature is a major factor in determining where Pacific albacore live.

Harvesting: Tombo is seasonally available in significant quantities, but is scarce in the off-season. The peak in landings usually occurs from May through September.

Nutritionals:

- Good source of protein
- Low in fat and cholesterol
- Most omega-3 fatty acids of all tuna species

Texture & Flavor Profile:

- Mild, rich taste
- Firm, large, moist flakes
- Light beige to almost brown, raw
- Off-white, cooked

Recommended Cooking Methods: Grilling, searing, sushi, poke, and ceviche



SUPERIOR

FEATURED PRODUCT



TOMBO (ALBACORE) LOINS

*Fresh, Skinless, Hand-Cut, Wild-Caught,
Product of USA*

#99229 1/10 lb.

*Contact your Superior sales representative for more
information and for availability.*

MENU INSPIRATIONS



TUNA TATAKI

Slices of seared albacore tuna, served rare, bathed in a ponzu soy sauce, and topped with togarashi and a scallion salad.

Pairs well with a fresh aromatic Cuvée



ALBACORE STEAK

Seared with a panko sesame crust, plum-soy reduction, and served on a bed of sautéed veggies.

Pairs with a dry Pinot Noir