

Wahoo Steaks



Serving Suggestion



- Portion control with application versatility
- Wild-caught
- Individually vacuum packed

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Wahoo Steaks *(Acanthocybium solandri)*

A close relative of King Mackerel, Wahoo is primarily found in tropical ocean waters around the world. In the Pacific, Hawaii has nicknamed the fish "Ono" meaning "good to eat".

Consistently in high demand from gourmet chefs who prize it for its high quality meat, Wahoo provides a premium alternative menu item with exotic flare.

FEATURES/BENEFITS

- Availability: Sustainable year-round, with peaks during summer and fall.
- Taste: Lean mild-tasting fish. Distinctive flavor similar to Mackerel (less pronounced).
- Texture: Meat is delicate to dense in nature with a large circular flake.
- Appearance: Meat is white to light gray in color. Cross cut steaks (not typical portion).

APPLICATIONS

Wahoo adapts best to grilling. Alternative cooking methods: baking, pan frying, and poaching. Do not overcook the steak as it will become tough. Cooked to perfection, it will be moist and succulent. Suggested flavor complements: olive oil marinades with chives, crushed red pepper, dill, lemon and lime juice, paprika, pepper, salt and garlic powder. Asian-inspired soy sauce marinades including rice wine vinegar, ginger, chili paste and sesame oil.



HANDLING/PREPARATION

Thawing: Cut and remove from vacuum wrap, rinse, pat dry before cooking.

COOKING SUGGESTIONS

Grill: Preheat grill. Lightly season the fish with salt or marinate, as desired. When the grill is hot, add the Wahoo steaks with the nicest side down on the grates. After several minutes on the grill, quarter the fish (turn in 45 degrees) to give it nice marks.

After several more minutes turn the fish over and finish cooking steaks until the internal temperature reaches 145°F.

Bake: Preheat oven to 350°F. Marinate steaks as desired. Place in a baking dish in a single layer and cover tightly with foil. Bake for approximately 15-20 minutes or until fish flakes easily with fork and steaks have reached an internal temperature of 145°F.

***Food Safety Guidelines recommend cooking fish until the internal temperature reaches 145°F.*

Reorder No.	Description	Size	Case Pack
656822*	Wahoo Steaks, 1x Bone-In, Skin-On IQF, IVP	6-8 oz.	5/4.4 lb.

KEY: 1x = Once Frozen IQF = Individually Quick Frozen IVP = Individually Vacuum Packed

*Not available in all areas. For more information, check with your Gordon Food Service® Customer Development Specialist.