

WAHOO
ACANTHOCYBIUM SOLANDRI



DESCRIPTION:

Also known as the Ono, Wahoo is commonly found in Hawaii. The season for Wahoo runs from summer to fall (May-October). Found in the open ocean as well as banks and pinnacles, Wahoo tend to be solitary or occur in loose-knit groups of two or three fish, rather than in schools. Their diet consists essentially of other fish and squid. Wahoo is related to Tuna and Mackerel, and it is found worldwide in tropical and subtropical seas. Its speed and high-quality flesh make it a prize game fish. The body is elongated and covered with small, scarcely visible scales. Wahoo have an iridescent blue-green back, while the sides are silvery, with a pattern of vertical blue bars. Wahoo can swim up to 60 mph making them one of the fastest fish in the sea.

EATING QUALITIES:

Wahoo flesh is whiter, flakier, and has a more delicate texture than the meat of other fast-swimming, pelagic species. Although Wahoo may make oceanic migrations as far as those of Tuna and Marlin, it contains less of the strong-tasting muscle that the other species use for long-distance swimming.

FISHING METHODS AND REGULATIONS:

Wahoo is caught commercially by trolling and with long-line fishery for Tuna and Mahi-Mahi.

SOLD AS:

H&G
 Fillets

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	83
Total Fat	0.9 g
Saturated Fat	0
Protein	23 g
Sodium	105 mg
Cholesterol	48
Omega-3	375 mg

COOKING METHODS

- Sautéed
- Broil
- Grill
- Poach
- Bake
- Steam

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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