



BONITO FISH

Sarda Orientalis

Bonito fish is a fish related to tuna and mackerel, and is also known as skipjack tuna or striped tuna. It has dark meat and a high oil content carrying a fishier flavor compared to other species. Some say that its flavor is an acquired taste because of its fishier flavor. The best way to prepare bonito is by grilling or pan-searing as it benefits from high/hot cooking meaning high heat and high-smoke point oil (canola, grapeseed, sunflower) should be used. Bonito has a smooth texture that flakes easily and carries a delicate and juicy flavor.



Packing: 33 lbs/cs, IVP
Sizes: 2-4, 4-6 lbs



Fishing Method: ---



Shelf-life: 24 months from production date when in optimal frozen temperature.



Flavor/Dietary info: Smooth texture, flakes easily; delicate, juicy flavor



Form: Retail pack, IVP



Preparation: Grill, Pan-sear, Smoke, Bake



Source/Origin: Vietnam



**QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY**



Conservation status: ---