



SHARK LOIN Blue Shark | Prionace Glauca

Blue Shark is eaten mostly in Europe and Asia, and has been included in many traditional diets for centuries. It's a great source of protein, omega-3's, and is a low-calorie food. The loin is often used in dishes like kebabs, curry tacos, and soup. It tastes delicious grilled, fried, baked, or stir-fried. Simple seasonings like lemon juice, fresh herbs, minced garlic or ginger complement the meat well.



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