



FISHWATCH

FRESH FACTS. SMART SEAFOOD.

WAHOO



Wahoo is found in warm oceans around the world. Scientists do not formally assess wahoo populations in the Pacific but assume they are stable because they're highly productive and widely distributed throughout the tropical/subtropical Pacific.

In the Pacific, wahoo are harvested as non-target catch in troll and longline fisheries targeting tunas based out of Hawaii, American Samoa, Guam, and Saipan. No regulations currently apply to wahoo specifically – their biology makes them resilient to fishing pressure and catch trends have so far indicated that regulations are not yet necessary. However, several regulations are in place to reduce the impact of troll and longline fisheries on other species, and the fisheries are monitored through logbooks, observer coverage (longline fishery), port sampling, and landing receipts.

Wahoo is an excellent source of low-fat protein.

Wahoo is a lean, mild-tasting fish. Most of the wahoo in the U.S. market comes from Hawaii, where the fish is nicknamed “Ono,” the Hawaiian word for “delicious.”

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POWERED BY TRAIOR

PAN-ROASTED WAHOO ON CITRUS ARUGULA SALAD

Ingredients:

4 wahoo fillets, 2 ounces each
Salt and freshly ground black pepper
2 tablespoons olive oil
2 tablespoons canola oil



Season wahoo with salt and pepper and brush with olive oil. Add the canola oil to a hot saute pan; oil should be smoking a little bit. Place the wahoo one at a time into the pan and cook until golden brown on each side, about 3 to 5 minutes per side.

For the vinaigrette:

2 tablespoons freshly squeezed orange juice
1 tablespoon freshly squeezed lime juice
1 tablespoon freshly squeezed lemon juice
2 tablespoons rice-wine vinegar
1/4 teaspoon Dijon mustard
1/2 teaspoon sugar
2/3 cup blended oil (75% canola, 25% olive oil)
Salt and freshly ground black pepper

In a small bowl, combine the citrus juices, vinegar, mustard, and sugar. Whisk in oil slowly to emulsify. Season with salt and pepper.

For the salad:

1 small red onion, thinly sliced
1 cup rice-wine vinegar
8 cups arugula
1 clementine, peeled and segmented

Marinate the sliced onion in the vinegar for at least 1 hour. Drain and add the onions to a bowl along with the arugula and clementine segments. Toss with 1/2 to 3/4 cup citrus vinaigrette.

Recipe adapted from *One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook*

FishWatch is a consumer education product of NOAA Fisheries.



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