



SANTA MONICA
SEAFOOD
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Opah



Opah (*Lampris guttatus*) is often referred to as “Moonfish” because of its large, round profile.

Opah is one of the most colorful commercial fish available. It has only recently become commercially important. It was historically an incidental catch. However, the rising consumer demand for fresh fish has increased the interest in this species. Opah was viewed as the “good luck fish” by Hawaiian fisherman, who would give it away as a sign of goodwill instead of selling it.

Opah produces three distinct types of flesh; behind the head and running along the back bone on the upper portion of the fish is the back loin which is orange to deep red in color, the lower half of the fillet pales to a light pink and is much more grainy, the cheek, which is seldom found on the commercial market, is crimson red. All three are of excellent eating quality and cook to an off-white color.

Monterey Bay Aquarium Seafood WATCH® rates longline caught Opah from Hawaii as "Good Alternative" due to regulations that reduce bycatch. Longline caught Opah from the North Pacific, South Pacific and Western Central Pacific are rated "Avoid."

Sources



Species Name
Lampris guttatus



Source
Found worldwide in mid-depth waters.



Seasonality
Fresh year-round, with peak landing in Hawaii April through August.



Fishing Method
Opah is a Wild Capture Fishery caught utilizing longline fishing methods.

Features



Flavor

Opah offers a rich flavor and creamy texture.



Dietary Information

Opah is a rich source of protein, niacin, vitamin B6, vitamin B12, phosphorus and selenium. Opah is low in sodium and provides 1800 mg of omega-3's (DHA and EPA) per 4 ounce serving of fish.

Per 4oz (113g) serving:

Calories 170

Calories from fat 80

Total Fat 8.0g

Saturated fat 2.5g

Trans fat 0g

Polyunsaturated fat 2.5g

Monounsaturated fat 3.5g

Cholesterol 60mg

Sodium 80mg

Potassium 180mg

Total carbohydrate 0g

Sugars 0g

Total dietary fiber 0g

Protein 24g



Appearance

The Opah's large-grain flesh is rich and fatty, with versatility that is attractive to restaurants. An Opah has three types of flesh, each a different color ranging from orange, red, pink to white. These types of flesh all cook to a white color.



Form

Fresh Wild Capture Opah is available as whole fish, headed and gutted, and fillets.

Uses



Preparation

Opah can and is often consumed raw in sashimi but most is cooked and adapts well to grilling, broiling, frying, sauteeing, smoking, and steaming..



Substitution

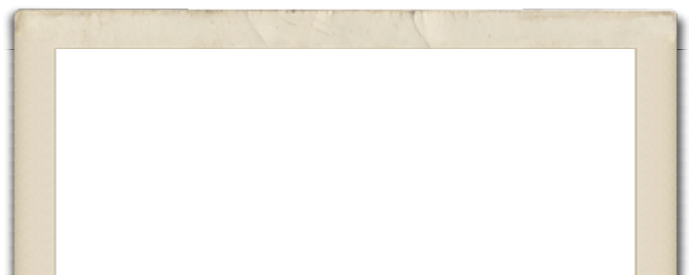
Tuna. Swordfish.

Market



Sizes and Cuts

Hawaiian Opah range from 60 to 200 pounds.



Market Names
Opah, Moonfish
Where Caught
US Hawaiian waters and Fiji.
How Caught
Opah is a Wild Capture Fishery caught utilizing longline fishing methods.

