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Yellowtail



One species of Amberjack may be referred to as Yellowtail, *S. lalandi*. Amberjack is the vernacular name for many species of the *Seriola* genus in the Jack family (*Carangidae*). Amberjack may also be called Hamachi when prepared for sushi and sashimi. Hamachi is considered to be one of the best fish to eat raw.

Amberjack is found around the world in warm waters. It is aquacultured and most of the U.S. supply comes from Japan. Japanese aquaculture of Amberjack is dominated by *S. quinqueradiata*, but also includes *S. dumerili* and *S. lalandi*. There are also Amberjack farms in Australia, which produce *S. lalandi*. There is a very small wild fishery for *S. lalandi* in California. Some species of Amberjack are popular sportfish.

The Monterey Bay Aquarium Seafood WATCH® rates marine netpen farmed Yellowtail from Japan as “Avoid” because of effluent and inefficient feed usage, and poor data on chemical usage. Yellowtail farm-raised in recirculating aquaculture systems is a “Best Choice.” *S. lalandi* from California caught by gillnet is rated “Good Alternative” and caught by hook-and-line is rated “Best Choice” due to moderately effective management and low levels of habitat damage.

Sources



Species Name
Seriola lalandi



Source

Amberjack is found in tropical, warm temperate and subtropical waters around the world. *S. lalandi* is found off southern California and Baja California, and is farmed in Mexico, Japan and Australia. In the U.S., aquaculture is being developed but is temporarily not producing fish for the market. There are very small amounts from wild U.S. fisheries.



Seasonality

Yellowtail is available fresh and frozen year-round.



Fishing Method

Yellowtail is aquacultured in floating cages or net pens. There is a very small amount that is wild-caught by hook and line, longline and drift gillnet.

Features



Flavor

Yellowtail has a sweet and mild flavor and is tender, firm and delicate. It has a buttery texture due to its high oil content.



Dietary Information

Per 100g raw, edible portion (Seriola spp.):

Calories 146

Fat 5.24g

Saturated Fat 1.28g

Protein 23.14g

Sodium 39mg

Selenium 36.5mcg

Cholesterol 55mg

Source: USDA



Appearance

Yellowtail is a large, silvery Tuna-like fish. The raw meat is white to golden in color and fillets may have a darker muscle line along the edge. Cooked meat is white.



Form

Fresh Yellowtail is available as H&G, fillets and loins. Frozen Yellowtail is available as fillets, skin-on, and vac packed.

Uses



Preparation

Yellowtail is good seared, roasted, grilled, braised, broiled, sautéed or baked. As Hamachi, it is considered one of the best fish for eating raw.



Substitution

Albacore Tuna and Swordfish may substitute for Yellowtail



Handling

Fresh Yellowtail should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Yellowtail. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Frozen Yellowtail should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality, although running under cold water in a sealed plastic bag will expedite defrosting. Do not refreeze or allow to sit in water.

Market



Sizes and Cuts

Hamachi is used to refer to younger Amberjack fish and is generally harvested around 10 to 14 pounds.



Pricing Scale

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.



Shelf Life

Fresh Yellowtail which has been handled and stored properly should retain optimum quality for 4 to 5 days. Once the fish is filleted, Yellowtail should be used within 2 to 3 days. Frozen can be commercially stored for up to 1 year.

Market Names
Amberjack, Yellowtail
Where Caught
Japan, Mexico, Australia, US
How Caught
Aquaculture Very small amount wild-caught by hook-and-line, longline, and gillnet

