

BALFEGÓ BLUEFIN TUNA

PRODUCTS CATALOGUE



TRACEABILITY | SUSTAINABILITY | EXCELLENCE



"THE BLUEFIN TUNA IS A REAL GEM OF MEDITERRANEAN CUISINE AND WHEN IT IS BALFEGÓ, THEIR SPIRIT OF SACRIFICE, A JOB WELL DONE AND MAKE IT RAISE TO EXCELLENCE. ITS UNMISTAKEABLE APPEARANCE AND TEXTURE WILL CAPTIVATE YOU AND ITS TASTE WILL CONQUER EVEN THE MOST EXQUISITE PALATES. UNDOUBTEDLY IT MEANS SUCCESS FOR BOTH THE SIMPLEST RECIPES, WHERE THE INGREDIENT SPEAKS FOR ITSELF, AS WELL AS THE MOST CUTTING EDGE CREATIONS."

Martín Berasategui

INTERNATIONAL
CULINARY AMBASSADOR CHEF
OF BALFEGØ BLUEFIN TUNA

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TRACEABILITY | SUSTAINABILITY | EXCELLENCE

TRACEABILITY, SUSTAINABILITY AND EXCELLENCE

BALFEGÓ IS A WORLD LEADER IN THE SUSTAINABLE CAPTURE OF THE *THUNNUS THYNNUS* SPECIES. THEIR WILD TUNAS LIVE IN SWIMMING POOLS OFF THE COAST OF L'AMETLLA DE MAR, 150 KM SOUTH OF THE CITY OF BARCELONA, AND ARE FEED EXCLUSIVELY ON WILD FISH.

BALFEGÓ ONLY CATCHES ADULT TUNA OF 100 TO 300 KG WHICH THEY EXTRACT FROM THE SEA AT THEIR OPTIMUM LEVEL OF FATNESS, ON DEMAND, WHILE FOLLOWING A PRODUCT TRACEABILITY SYSTEM WHICH IS UNIQUE IN THE WORLD. THIS WAY BALFEGÓ PROVIDES A PRODUCT OF EXCELLENT ORGANOLEPTIC QUALITIES AND MAXIMUM GUARANTEE FOR THE CONSUMER, BOTH FRESH AND FROZEN, 365 DAYS A YEAR.

THE INDIVIDUAL HARVESTING OF EACH BLUEFIN TUNA ENSURES A STRESS-FREE PRODUCT, AND OPTIMAL MEAT QUALITY EVEN WHEN EATEN RAW. THAT IS WHY THE TOP RESTAURANTS IN THE WORLD SERVE BALFEGÓ'S BLUEFIN TUNA.

EACH PART OF THE TUNA HAS ITS OWN SPECIAL CULINARY PROPERTIES. TO SHARE THIS KNOWLEDGE AND HELP YOU OBTAIN THE BEST POSSIBLE RESULTS, BALFEGÓ HAS DEVELOPED A HANDBOOK OF COOKING IDEAS WHICH BECOME AVAILABLE TO ANYONE THAT MAY BE INTERESTED.



The QR Code allows the consumer to have access to information regarding the origin, size, fat content, weight, legal documents and the different stages of the distribution chain until its final consumption.

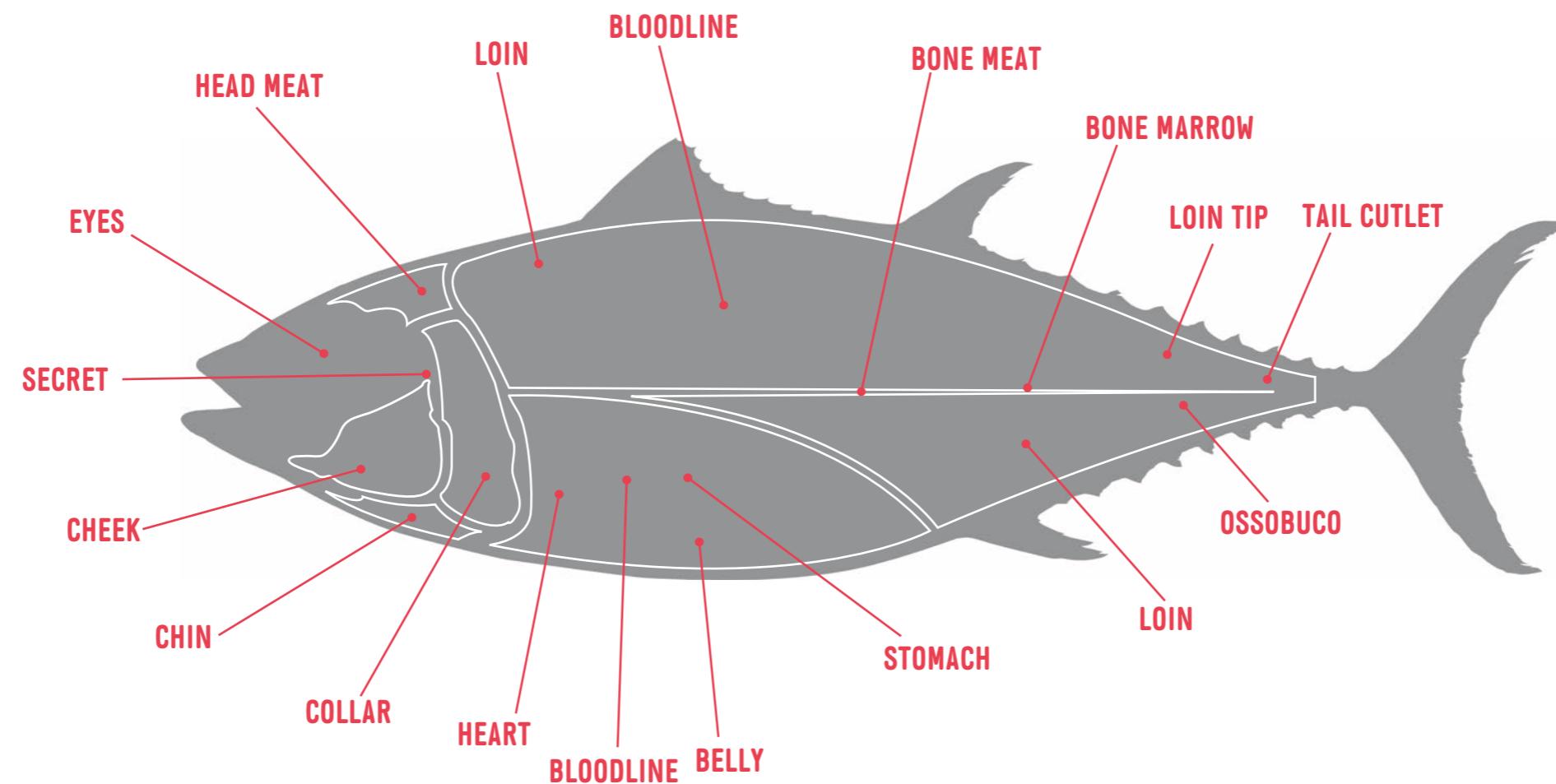
All Balfegó products have a label on them which guarantees their traceability.

A large, raw tuna fillet is shown resting on a dark, reflective surface, likely a metal tray. The fillet is thick and has a deep red color with prominent white marbling and a distinct ribbed texture. It is positioned horizontally across the frame, with its head pointing towards the left and its tail towards the right.

THERE IS A POPULAR SAYING WHICH GOES

“EVERY PART OF THE TUNA IS MADE USE OF.”

PARTS OF A BLUEFIN TUNA



LOIN



LOIN CUTS

**F**

Fresh product

THE PERFECT COMBINATION

The *akami*, which means "red meat" in Japanese, is the inner part of the loin close to the bone. Its main characteristics are its red colour and its intense flavour.

Chutoro means "of medium mellowness" because of its content of fat between the *akami* (lean) and the tuna belly (fatty). It is the outer part of the loin, close to the skin, and is characterized by its pink colour and its creaminess.

The combination of *akami* and *chutoro* is the main feature of identity of the authentic bluefin tuna (*hon maguro*), valued by sushi men all over the world. This duality of colours and textures provides chefs with infinite culinary possibilities.

COOKING METHOD

- | | | |
|---------------------|-----------------------|----------------|
| ★★★ Raw | ★★ Olive oil preserve | ★ Oven (180°C) |
| ★★★ Grill (230°C) | ★★ Searing (200°C) | |
| ★★★ Acidic marinade | ★★ Stew / casserole | |
| ★★ Escabeche | ★ Grill | |



WHOLE FLOIN

20 kg
50 kg

**C**

Frozen product



CHUNK

3 kg
5 kg



STEAKS

5 kgTHICKNESS:
1.5 cm/2 cm

LOIN CUTS

3/5
7/15
0 25 kg

C

Frozen product



STEAKS

5 kgTHICKNESS:
4 cm

All these products are skin-on, bloodline-off. Additionally, the head and tail tips of the loin are removed.

BELLY



BELLY

**F**

Fresh product

A PLEASURE FOR THE SENSES

Known as *sorra* in Catalan, *ijada* in Spanish and *ootoro* in Japanese (it means "greater mellowness"), the belly is located in the ventral zone of the bluefin tuna. It is the ultimate expression of sushi and sashimi, the part most highly valued by chefs and the icon of real bluefin tuna which differentiates it from other species of lesser culinary value.

As it is the part with the highest content of unsaturated fat (Omega 3), it is also the pinkest and mellowest cut of a bluefin tuna. These two qualities make it ideal for preparations not only to be eaten raw but also for charcoal grilling, searing, marinades, etc.

COOKING METHOD

- | | | |
|---------------------|-----------------------|----------------------------|
| ★★★ Raw | ★★ Olive oil preserve | ★★ Confit (58°C sous-vide) |
| ★★★ Searing (230°C) | ★★ Searing (200°C) | ★ Oven (180°C) |
| ★★★ Acidic marinade | ★★ Grill | |
| ★★ Escabeche | ★★ Oven (110°C) | |



WHOLE PIECE:

6 kg
<hr/>
25 kg

**C**

Frozen product

WHOLE BELLY LOIN

20 kg
<hr/>
70 kg

**F**

Fresh product

½ BELLY:

6 kg
<hr/>
12 kg

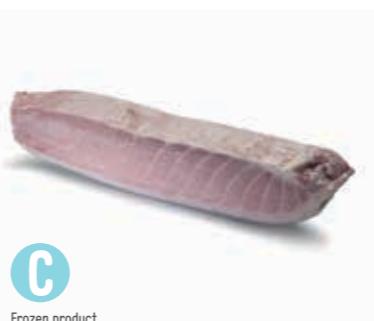
**C**

Frozen product

**F**

Fresh product

STRIPS

Thickness: 6 cm**C**

Frozen product

STRIPS

Thickness: 10 cm**F**

Fresh product

CHEEK



TENDER AND SPECIAL

The cheek is the inner part of the bluefin tuna's face. As it is very fibrous, it requires longer cooking times at a low temperature to become tender. It is delicious charcoal-grilled but it can also be floured and then baked in a casserole or stewed.

COOKING METHOD

- | | | |
|--------------------|----------------------------|----------------|
| ★★★ Grill | ★★ Olive oil preserve | ★ Oven (110°C) |
| ★★★ Escabeche | ★★ Searing (200°C) | |
| ★★★ Stew/casserole | ★★ Searing (230°C) | |
| ★★★ Oven (180°C) | ★★ Confit (58°C sous-vide) | |



WEIGHT:

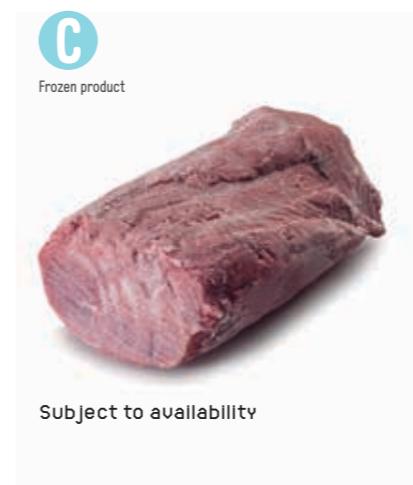
300 g

600 g
per piece

Minimum order: 3 kg



HEAD MEAT



THE PERFECT PRESERVE

Flaky and tender, the nape or head meat is the best piece for preserving in olive oil or for escabeches. On the one hand, because of its gelatin, it can take the required long cooking time and, on the other, its fat makes the sensation in mouth just sublime.

COOKING METHOD

- | | | |
|-----------------------------|---------------------|-------------------|
| ★★★ Olive oil preserve | ★★ Grill | ★ Searing (200°C) |
| ★★★ Escabeche | ★★ Searing (230°C) | |
| ★★★ Oven (110°C) | ★★ Oven (180°C) | |
| ★★★ Confit (58°C sous-vide) | ★★ Stew / casserole | |



SECRET



LOIN TIP



THE LATEST DISCOVERY

Located on the inside of the bluefin tuna, this cut has only recently been discovered. One might say it is a secret of intense flavour that the animal kept from us until now. It is similar in appearance to a beef fillet and needs just a short cooking time, without excluding raw presentations.

COOKING METHOD

- ★★★ Grilled
- ★★ Confit
- ★★ Raw



C
Frozen product

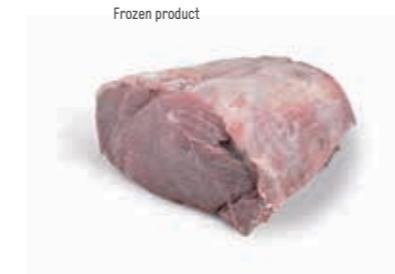


WEIGHT:

100 g
300 g

Minimum order: 3 kg

C
Frozen product



WEIGHT:

300 g
700 g

Minimum order: 3 kg



SURPRISING AND VERSATILE

This cut from the very tips of the loin, too often underrated, comes as a surprise to the culinary world for its versatility in the kitchen. It can be of great help both for finishing tartars or in dishes such as *Atún encebollado* (cooked with onions) where it is the central ingredient. It is perfect for making hamburgers, meat balls, or for searing and stewing.

COOKING METHOD

- | | | |
|---------------|------------|--------|
| ★★★ Casserole | ★★★ Confit | ★★ Raw |
| ★★★ Stew | ★★ Seared | |



COLLAR BONE



A BONE WITH CONSIDERABLE SCOPE

The collar is the bone on the sides of the neck joining the head and the body of the animal, just as it joins the lean meat on the bone and the fatty portion next to the belly. It does however require longer cooking times.

COOKING METHOD

- | | |
|------------------------|----------------------------|
| ★★★ Grill | ★★ Searing (200°C) |
| ★★★ Casserole / Stew | ★★ Searing (230°C) |
| ★★★ Escabeche | ★★ Oven (110°C) |
| ★★★ Olive oil preserve | ★★ Confit (58°C sous-vide) |
| ★★★ Oven (180°C) | |



WHOLE PIECE
1,5 kg
3,5 kg
Minimum order 3 kg



COLLAR CUTLETS



C
Frozen product



WHOLE PIECE
150 g
300 g
Minimum order 3 kg

TAIL CUTLETS



OSSOBUCO



FOR STOCKS AND CASSEROLES

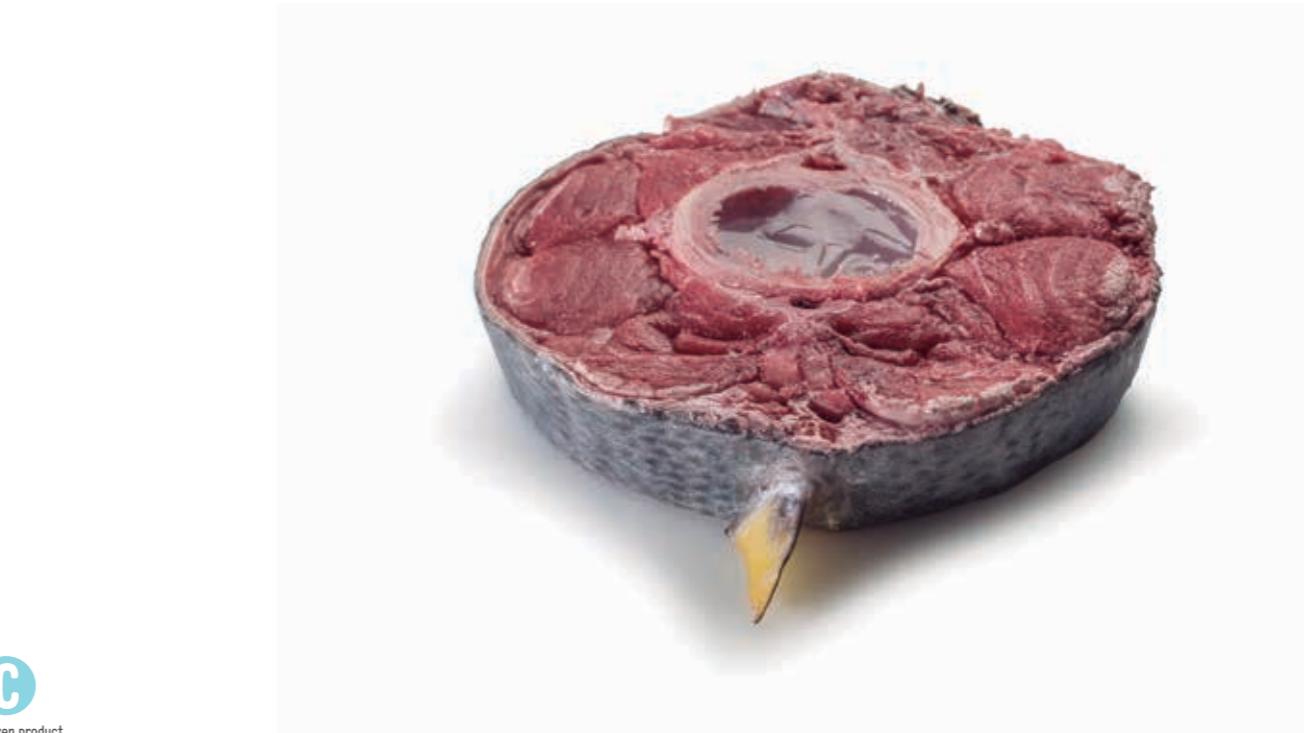
Four small loins full of collagen are obtained from the muscular, fiber-rich tail of the bluefin tuna. When sufficiently cooked to melt the large amounts of collagen it contains, it makes the perfect ingredient for rice dishes and fish stews such as *marmitako* (a classic of Basque cuisine).

COOKING METHOD

- ★★★ Stew
- ★★★ Casserole
- ★★ Searing
- ★★ Confit



WEIGHT
50 g
200 g
Minimum Order 3 kg



THE KING OF THE TABLE

Ossobuco, which means "hollow bone" in Italian, is a cut including the backbone and the meat of the four adjacent tail cutlets. The large amount of collagen it contains makes it very smooth and silky. It will always be the centre of attention at any meal due to its imposing presence. The multiple textures of this spectacular product (the crusty skin, the meat on the bone and the soft gelatin) will be the conversation item among all the guests at the table.

COOKING METHOD

- ★★★★ Stew/Casserole
- ★★★★ Charcoal grill
- ★★ Searing (230°C)
- ★★ Oven (180°C)



WEIGHT
500 g
1 kg
Minimum Order 3 kg

BONE MEAT

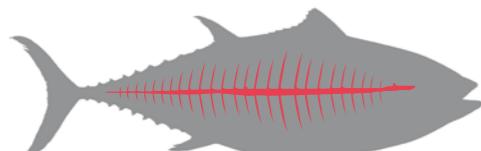


IN SPOONFULS

One of the typical sights at the Tsukiji Market in Tokyo is the tuna auctioneers eating spoonfuls of *nakaochi* (scraped bone meat) directly from the tuna bone. Given its delicate nature and limited production, this product must be consumed immediately. It is ideal as a topping for salads, Peruvian ceviches and tiraditos or for making hamburgers or meat balls.

COOKING METHOD

★★★ Raw ★★ Searing



WEIGHT

500 g

Minimum order 1 kg



All weights are illustrative and may vary according to the size of the bluefin tuna.

BONE MARROW



DISCOVERED BY EL BULLI RESTAURANT

The faux bone marrow is, in fact, the synovial liquid disk facilitating the movement of the bluefin tuna's backbone. It was used for the first time in history in 2003 at Ferran Adrià's El Bulli Restaurant. The texture of this product is unique and it has a delicate taste. It requires a gentle cooking, just lightly warmed up, in tempura or pouched.

COOKING METHOD

★★★ Used in sauces ★★★ Raw ★★★ Tempura



WEIGHT

1 kg

Minimum order



AN AVANT-GARDE INGREDIENT

Although this is a relatively new ingredient in the West, it has been used in Asian cuisines for a long time. In the Western world due to progress and development in the culinary field, chefs are always on the lookout for new ingredients. Both the muscular tissue behind the eye and its surrounding conjunctive tissue can be used due to its high content in collagen and protein.

COOKING METHOD

- ★★★ Stew/Casserole
- ★★★ Charcoal grill
- ★★★ Boiling



C
Frozen product



WEIGHT
300 g
600 g
Minimum Order 1 kg

C
Frozen product



WEIGHT
3 kg
4 kg
Minimum Order 3 kg

SEA CALLOS

In Balfego's hometown of l'Ametlla de Mar, the stomach of the bluefin tuna is known as butxi and is the main ingredient of a local dish called by the same name. It has a rough texture and requires thorough washing and a long boiling to make it soft. It is then stewed with potatoes and a finely chopped mixture of garlic, parsley and onion to which pieces of heart can be added. This dish is a typical communal meal for fishermen in winter.

COOKING METHOD

- ★★★ Boiling
- ★★★ Casserole
- ★★★ Stew



HEART



NOUVELLE CUISINE

Preparing dishes with the fine parts of the animal can be easy and maybe that is why contemporary chefs are increasingly looking towards parts like the heart, as a challenge to reformulate recipes which had almost been lost. The heart requires long cooking times but its intense flavour, unknown by the majority, is a feast for the senses.

COOKING METHOD

- ★★★ Salt-curing ★★★ Casserole
- ★★★ Stew ★ Searing



WEIGHT

200 g
600 g

Minimum order 1 kg



CHIN



PERFECT FOR COOKING IN THE OVEN

The chin is the equivalent of the *kokotxa* of whitefish like cod and hake. In the case of bluefin tuna, it is a bone which, besides lots of gelatin, provides a large amount of meat.

COOKING METHOD

- ★★★ Stew ★★★ Grill
- ★★★ Oven ★★★ Casserole
- ★★ Confit



WEIGHT

1 kg

Minimum order 3 kg

BLOODLINE



C
Frozen product



A SOURCE OF SELENIUM

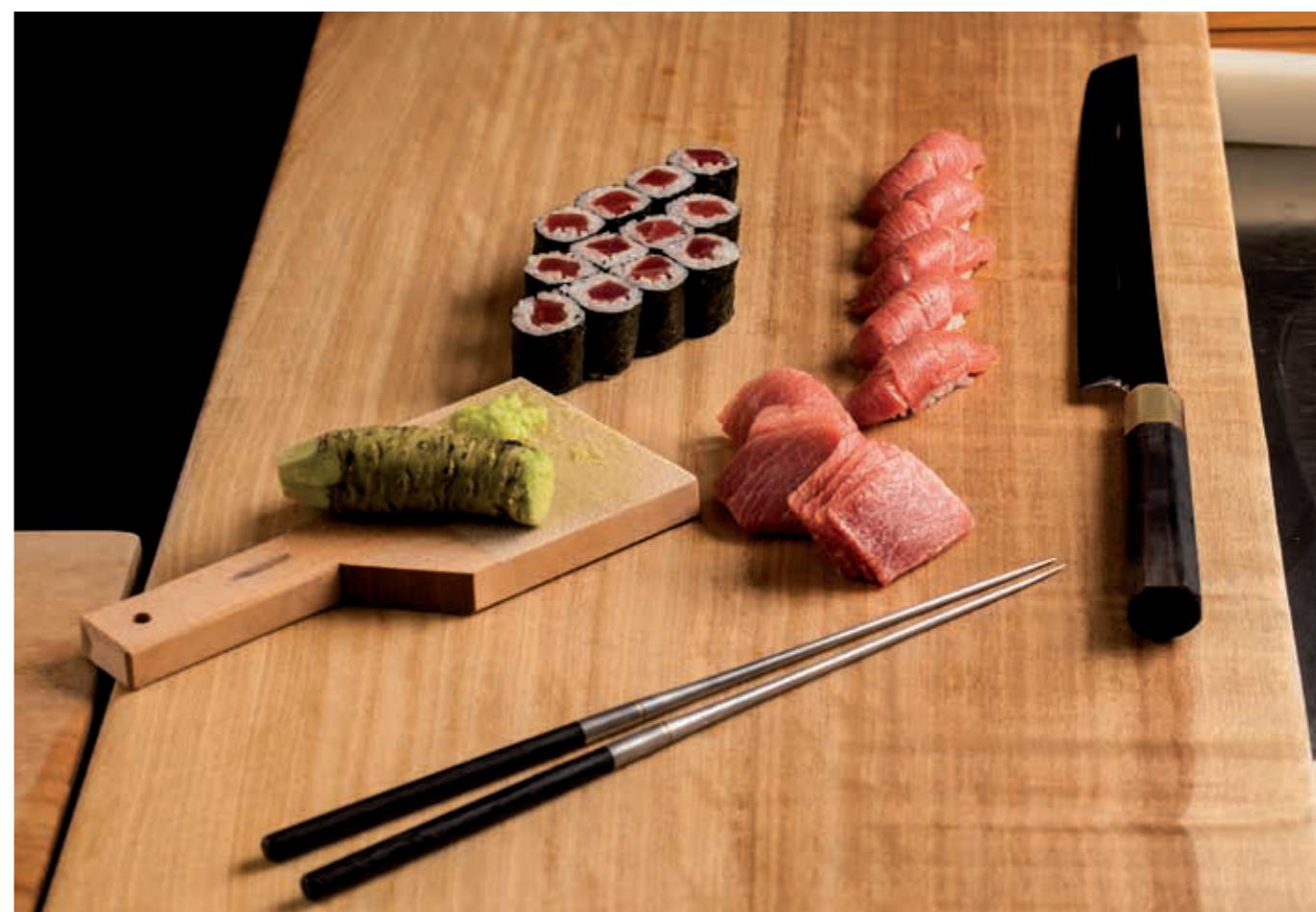
The bloodline is the layer of "slow" or "red" muscle that surrounds the fish' spine. Its function is to help sustained, extended movement. In other words, the bloodline is the engine of this unparalleled swimmer, the bluefin tuna, who travels thousands of kilometers every year, never stopping. Culinarily, this section of the fillet is similar to the rest of the loin meat, although it has a softer texture and a more powerful flavor. As a health food, this product can be rightfully called a "superfood". Scientific studies show that the bloodline of a tuna has the highest selenium content among all known foods. This micronutrient, on top of its antioxidative properties that help prevent serious illnesses, is found in the bloodline in a chemical form that helps the metabolism and elimination of biological mercury compounds that may be absorbed naturally with the diet.

COOKING METHOD

- | | | |
|----------------------|--------------------|----------------------|
| ★★★ Escabeche | ★★ Searing (200°C) | ★ Olive oil preserve |
| ★★★ Casserole / Stew | ★ Searing (230°C) | ★ Oven (110°C) |
| ★★★ Confit | ★ Acidic marinade | ★ Oven (180°C) |
| ★★ Grill | | |



WEIGHT
3 kg
Minimum Order 3 kg







TRACEABILITY | SUSTAINABILITY | EXCELLENCE



Polígono Industrial edifici Balfegó s/n
L'Ametlla de Mar 43860
Tarragona. Spain
Tel. +34 977 047 700
info@grupbalfego.com
www.balfego.com