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SUSTAINABLE
BLUEFIN TUNA
THUNNUS THYNNUS



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ABOUT BALFEGÓ

Cousins Manel and Pere Vicent Balfegó, company founders, are fifth-generation fishermen from L'Ametlla de Mar (Tarragona). In the 1980s, like true visionaries, they decided to specialise in fishing and marketing bluefin tuna and, after years of hard work, they have broken down barriers to become the world's leading company in catching, fishing, studying, selling and distributing bluefin tuna.

Wild caught tuna live in pools off the coast of L'Ametlla de Mar (Tarragona) and are exclusively fed on blue fish. Their desire to achieve excellence in their products has led the cousins to become the only company in the world that extracts tuna from the sea at its optimum fat point, on customer demand. The extraction method they use guarantees a stress-free product (free of 'yake', meaning 'burnt meat' in Japanese) that is of exceptional quality and featured in the world's best kitchens.



Why is Balfegó considered the world's best bluefin tuna?



World leaders in retailing fresh produce

We catch our fish between May and June. Once caught, the tuna go into our aquaculture facilities located 5 km offshore from L'Ametlla de Mar (Tarragona). This allows us to sell fresh, high-quality bluefin tuna that is totally unique, 365 days a year.



Recognised for our good practices in the prevention of anisakis

Certification in the method of evisceration straight after the animal's death and periodic preventive analyses by AENOR using molecular biology techniques.



Certified environmental sustainability

Certification and control of the different stages, such as extractive fishing, the feeding phase, the commercialisation phase as well as environmental monitoring of all activities.



Ikejime Technique

Balfegó's bluefin tuna experience no stress or suffering. The individual extraction method and the Japanese Ikejime harvest technique we use ensure a stress-free product, of exceptional quality and found in the world's best kitchens.



Optimal fat point

Balfegó is the only company in the world that measures the percentage fat of each individual fish, allowing us to cater to each customer's specific tastes. Once in the aquaculture facilities, the tunas are fed so that they regain the body mass they lost during their migration. Their diet consists solely and exclusively of blue fish, which is what they would eat in their natural habitat. The traceability label tells you the percentage of each fish, which is harvested on demand.



A unique traceability system

Guaranteed sustainability, transparency, food safety, and regulatory conformance for both chefs and diners. Every Balfegó product comes with several traceability labels for restaurants to accompany each serving. Our traceability system is ground-breaking in the world of fishing. Using a mobile phone and the QR code that is provided with each serving, you can access information about the bluefin tuna that is being bought or tasted: the date of capture, weight, length and fat level, in addition to health, quality and environmental sustainability certificates.



Brand of international prestige, served in 32 different countries

We are currently in some of the best restaurants on the planet, in more than 32 countries. We pride ourselves on being a brand of international prestige thanks to our four corporate values: excellence, traceability, sustainability and transparency.

Martín Berasategui



AMBASSADOR CHEF
INTERNATIONAL CULINARY EXPERT
BALFEGØ BLUEFIN TUNA

INTERNATIONAL CULINARY AMBASSADOR CHEF
OF BALFEGØ BLUEFIN TUNA

'BLUEFIN TUNA IS THE CROWN JEWEL OF THE MEDITERRANEAN. BALFEGÓ'S COMMITMENT, HARD WORK AND EXPERIENCE TAKE THEIR TUNA TO THE NEXT LEVEL. ITS UNMISTAKABLE TASTE AND TEXTURE WILL CAPTIVATE YOU; ITS FLAVOUR CONQUERS THE MOST SOPHISTICATED PALATES. NOT ONLY THEIR SIMPLE RECIPES BUT ALSO THEIR CUTTING-EDGE CREATIONS ARE A TRIUMPH.



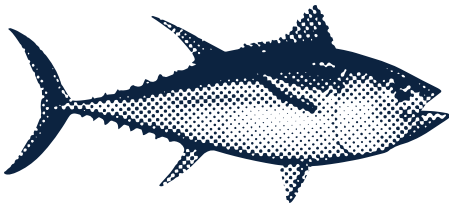
BLUEFIN TUNA
BALFEGO

**ENVIRONMENTAL
SUSTAINABILITY**

TRACEABILITY

AUTHENTICITY

**GOOD HANDLING
PRACTICES
FOR ANISAKIS**



CERTIFIED BY
AENOR

AENOR CERTIFIED

AENOR, a certification body with operations in 90 countries in fields such as Quality Management, Sustainability and Animal Welfare, has certified us in matters of:

Environmental sustainability:

Certification and control of the different stages, such as extractive fishing, the feeding phase, the commercialisation phase, and environmental monitoring of our activities

Traceability:

Certification of the individual identification method of the specimens, including the food supplied to the fish.

Authenticity:

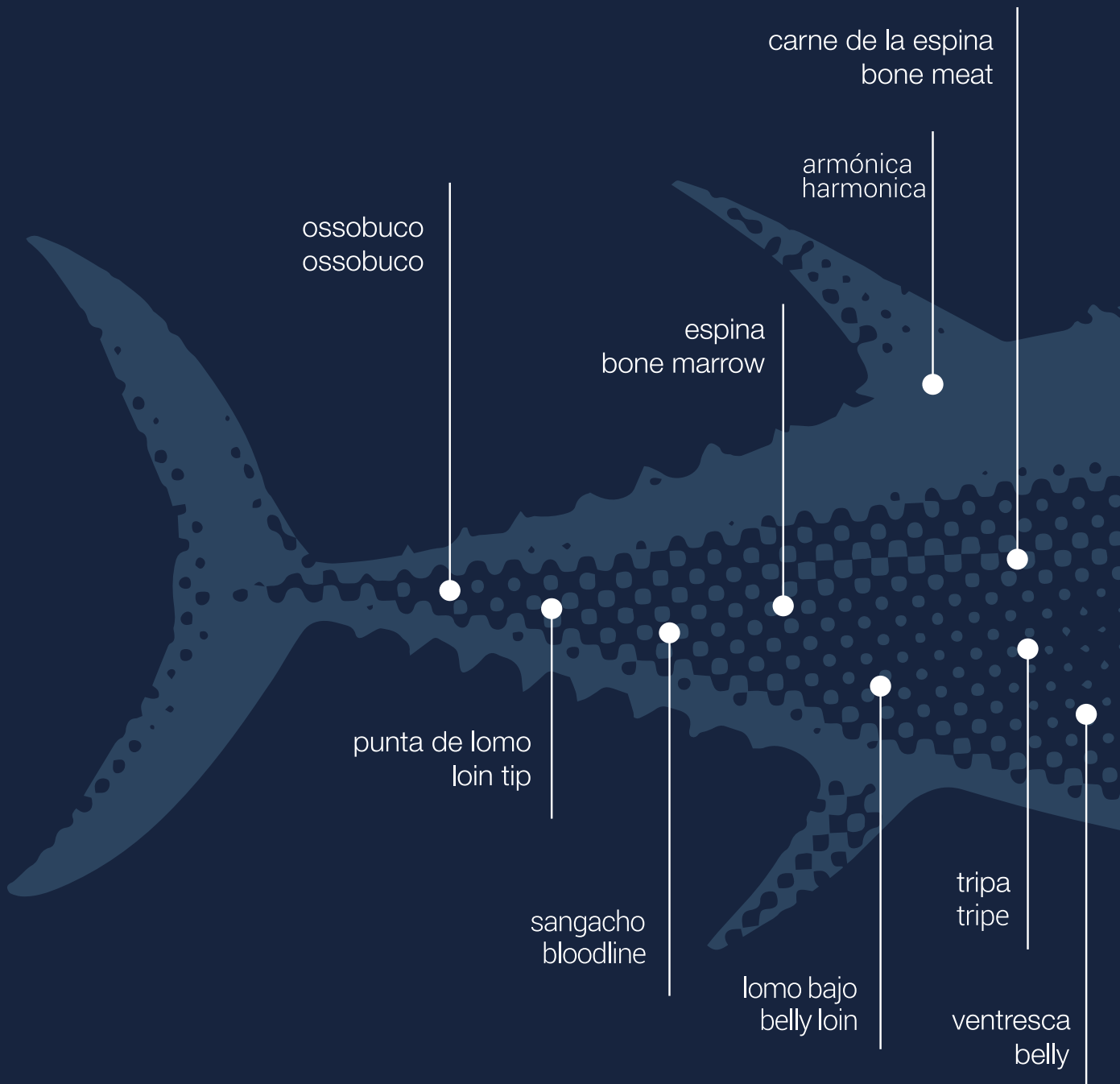
Certification through DNA tests to avoid imitations in the supply chain.

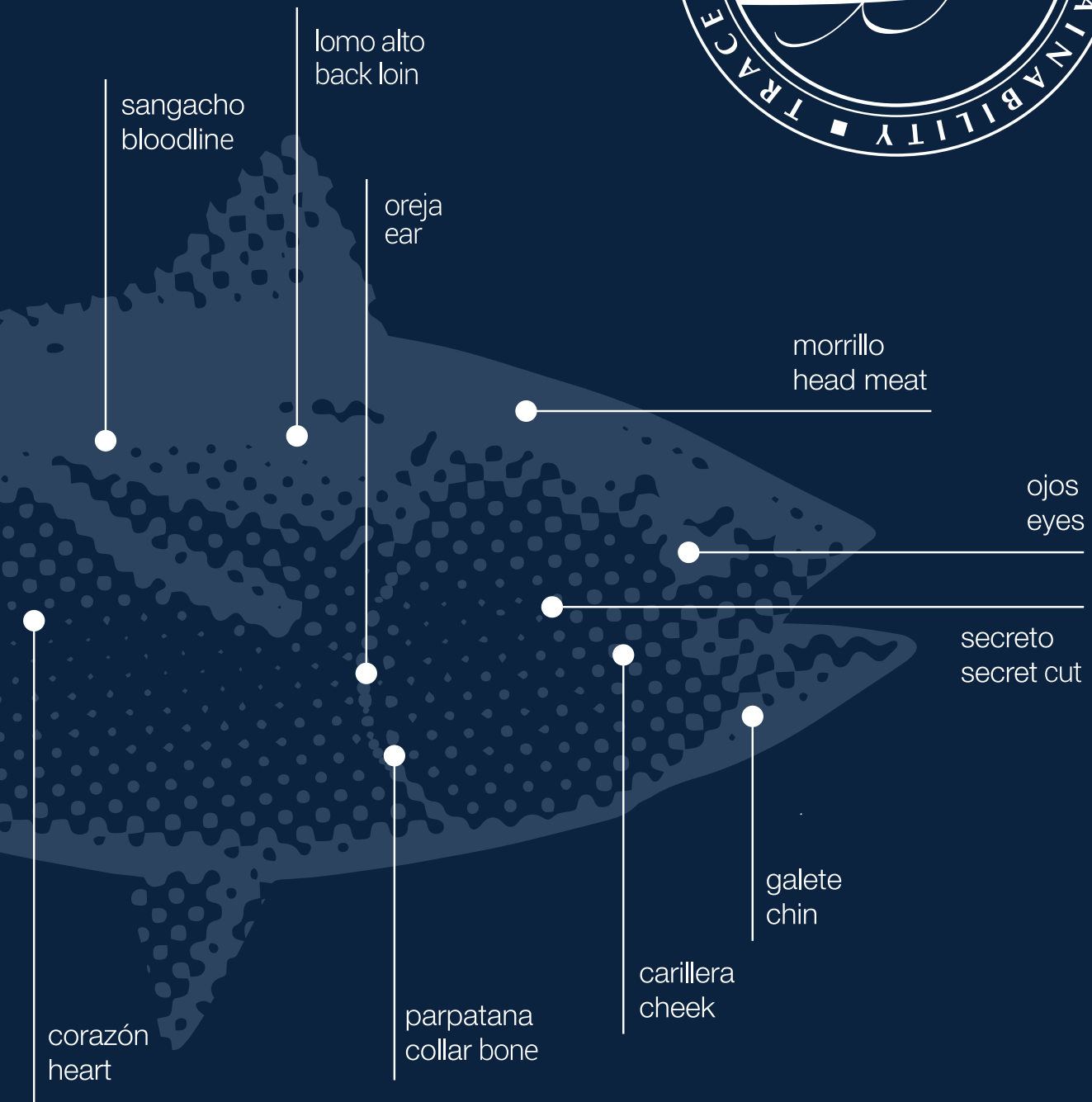
Good handling practices to prevent anisakis:

Certification in the evisceration method straight after animal's slaughter, plus periodic preventive analysis using molecular biology techniques.



THUNNUS THYNNUS

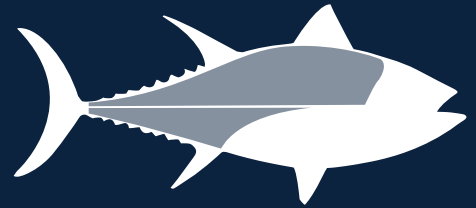




LOIN

THE PERFECT COMBINATION

The akami, meaning 'red meat' in Japanese, is located in the inner part of the loin, next to the spine. Its main attributes are its red colour and intense flavour. Chutoro means 'medium mellowness', as it has a fat content between that of akami (lean) and belly (fatty). It is the outer part of the loin, very close to the skin, and is characterised by its pink colour and oiliness. The combination of akami and chutoro is the hallmark of authentic bluefin tuna (hon maguro), and is lauded by sushi chefs all over the world. This duality of colours and textures offers chefs endless culinary possibilities.



WHOLE LOIN
BETWEEN
20 kg
50 kg

COOKING METHOD

- | | | |
|---------------------------|------------------------|------------------------|
| ★★★★ Raw | ★★ Olive oil preserved | ★ Oven-roasted (180°C) |
| ★★★★ Grilled (230°C) | ★★ Grilled (200°C) | |
| ★★★★ Marinated in vinegar | ★★ Hotpot/casserole | |
| ★★ Brine | ★ Grilled | |



LOIN CHUNKS

3 kg | 5 kg | 7 kg | 15 kg | 25 kg



SLICES
5 kg
THICKNESS
2 cm

PIECE
3 kg | 5 kg | 7 kg
THICKNESS
3 cm

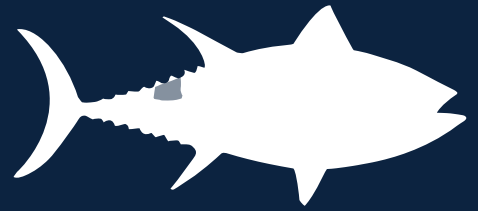


*All weights are approximate and may vary depending on the size of the tuna.
All these cuts are served with skin and without the Bloodline.*

LOIN TIP

ASTONISHINGLY VERSATILE

This often-overlooked cut has charmed the culinary world thanks to its versatility. The loin tip works well with a creamy tartare sauce or as the main ingredient in an onion hotpot. It is also ideal for making into burgers or meatballs and for grilling or in casseroles.



COOKING METHOD

- | | |
|---------------|------------|
| ★★★ Hotpot | ★★ Grilled |
| ★★★ Casserole | ★★ Raw |
| ★★★ Confit | |



EACH
PIECE
BETWEEN
300g
700g

SLICES
THICKNESS
2 cm

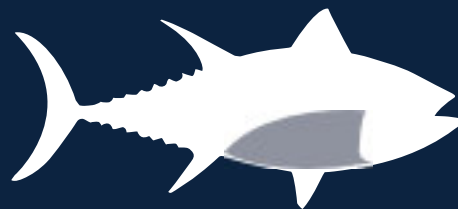
Minimum order: 3 kg



BELLY

A PLEASURE FOR THE SENSES

The belly, also called the flanks, the underside or the otoro (meaning 'superior mellowness' in Japanese), is located in the ventral part of the tuna. A sushi and sashimi staple, this is the part preferred by both chefs and connoisseurs. It is the hallmark of authentic bluefin tuna and sets it apart from other, less valuable tuna species. Being the part with the highest content of unsaturated fats (Omega-3), it is also the pinkest and sweetest tuna cut. These two qualities make it ideal for serving raw, although it's also delicious when grilled, griddled or pickled.



WHOLE BELLY
BETWEEN
6kg
20 kg



WHOLE BELLY LOIN
BETWEEN
20 kg
70 kg



COOKING METHOD

- ★★★★ Raw
- ★★★★ Grilled (230°C)
- ★★★★ Marinated in vinegar
- ★★ Pickled
- ★★ Olive oil preserved
- ★★ Grilled (200°C)
- ★★ Grilled
- ★★ Oven-roasted (110°C)
- ★★ Confit (vacuum 58°C)
- ★ Oven-roasted (180°C)



1/2 BELLY
BETWEEN
6 kg
9 kg



STRIP
2 kg
THICKNESS
10 cm



SAKUS
6 - 9 kg
THICKNESS
3 cm

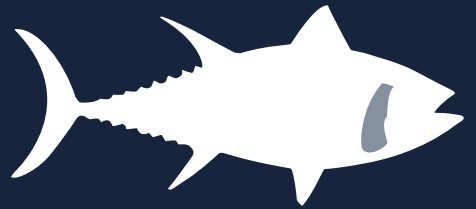


*All weights are approximate and may vary depending on the size of the tuna.
All of these cuts are served with skin.*

COLLAR BONE

A BONE WITH A LOT TO OFFER

Known as the 'steak of the sea', this bone is located on the sides of the neck and joins the head to the trunk of the animal. The lean red meat on the bone is paired with a part of the belly. It can be grilled until crispy on the outside and juicy on the inside. Along with the ossobuco, the collar bone has become a staple in the best grill houses thanks to its succulent taste when cooked on a grill or in a Josper oven. It can also be boiled, shredded and cooked in a terrine.



WHOLE
PIECE
BETWEEN
1.5kg
3 kg



Minimum order: 3 kg

COOKING METHOD

- | | | |
|----------------------|-------------------------|-------------------------|
| ★★★ Grilled | ★★★ Olive oil preserved | ★★ Grilled (230°C) |
| ★★★ Hotpot/casserole | ★★ Oven-roasted (180°C) | ★★ Oven-roasted (110°C) |
| ★★★ Pickled | ★★ Grilled (200°C) | ★★ Confit (vacuum 58°C) |

SLICED



EACH
PIECE
BETWEEN
120g
180g
COLLAR
BONE
1,5 kg under

EACH
PIECE
BETWEEN
180g
250g
COLLAR
BONE
1,5 kg up

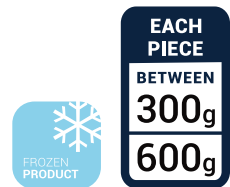
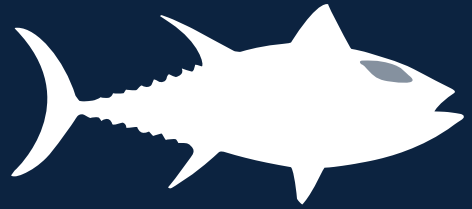
Minimum order: 3 kg



HEAD MEAT

TENDER AND UNIQUE

It's a unique cut, in that it has a similar fat content to the belly, though the meat is firmer. It presents a range of cooking options. Ideal drizzled with vinegar or lemon (which cut the high fat content), served with tangy sauces (like passionfruit sauce) or used in more traditional recipes, such as pickles. Due to its high fat content, it cooks beautifully on a grill or griddle. Serve it grilled with red peppers, truffled mashed potatoes or sliced roasted potatoes. We recommend cooking it thoroughly.



Minimum order: 3 kg

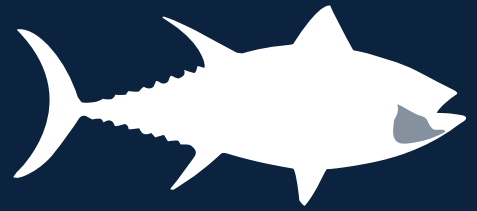
COOKING METHOD

- | | | |
|---------------------------|---------------------------|-------------------------|
| ★★★★ Olive oil preserved | ★★★★ Confit (vacuum 58°C) | ★★ Oven-roasted (180°C) |
| ★★★★ Brine | ★★ Grilled | ★★ Hotpot/casserole |
| ★★★★ Oven-roasted (110°C) | ★★ Grilled (230 °C) | ★ Grilled (200°C) |

CHEEK

TENDER AND UNIQUE

The cheek is the inner part of the tuna's face. Being quite fibrous, it is best grilled at a low temperature until it is nice and tender. It's delicious griddled, but we also like to coat it in flour and casserole it.



COOKING METHOD

- | | | |
|--------------------------|--------------------------|------------------------|
| ★★★ Grilled | ★★ Olive oil preserved | ★ Oven-roasted (110°C) |
| ★★★ Pickled | ★★ Grilled (200°C) | |
| ★★★ Hotpot/casserole | ★★ Grilled (230 °C) | |
| ★★★ Oven-roasted (180°C) | ★★ Confit (vacuum 58 °C) | |

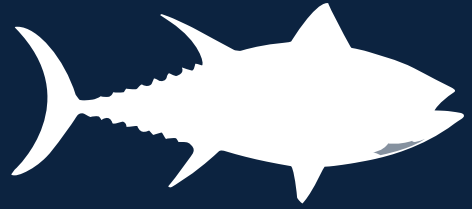


Minimum order: 3 kg

CHIN

JUICY BONE

As well as gelatine, this bone provides a large amount of meat. When oven-roasted, grilled, casseroled or cooked confit-style, this cut acquires a delicious, sweet, honeyed flavour. This cut can also be served in rice dishes, shredded or as a whole piece. When cooked in hotpots, it combines well with deep flavours that are reminiscent of mountains and the sea.



WEIGHT
BETWEEN
300g
800g

COOKING METHOD

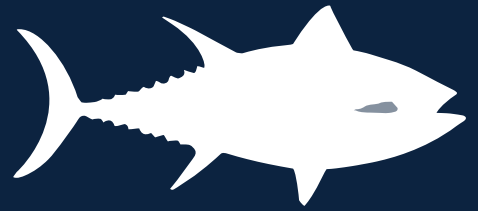
- | | | |
|------------------|---------------|-----------|
| ★★★ Casseroled | ★★★ Grilled | ★★ Confit |
| ★★★ Oven-roasted | ★★★ Casserole | |

Minimum order: 3 kg

SECRET CUT

THE ULTIMATE DISCOVERY

Located in the middle of the tuna, the Secret Cut is a cut that can be eaten both raw and cooked. It has an intense flavour and goes beautifully with sweet-and-sour or spicy seasonings. You can eat it raw in nigiris, sushi or as carpaccio, cut very finely. For hot dishes, it is ideal for grilling or casseroles.



EACH
PIECE
BETWEEN
100g
300g

Minimum order: 3 kg

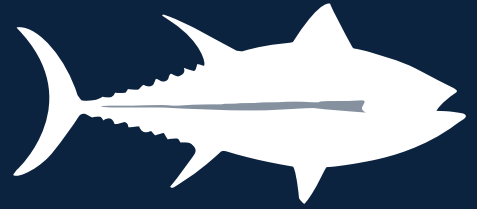
COOKING METHOD

- ★★★ Grilled
- ★★ Confit
- ★★ Raw

BONE MARROW

'EL BULLI'S' DISCOVERY

The Bone marrow is the synovial fluid that enables movement in the tuna's vertebral discs. It was first used as an ingredient in haute cuisine in '03 at Ferran Adria's famous El Bulli restaurant. It has a unique texture and a subtle flavour. It requires gentle cooking, and it can be poached, battered or fried. It is also ideal for eating raw, frying in tempura batter or used in sauces.



COOKING METHOD

★★★ Raw

★★★ For sauces

★★★ Tempura

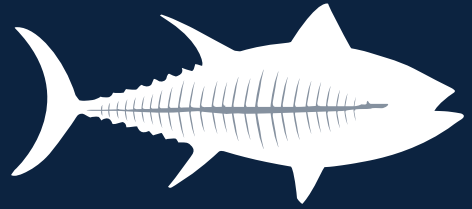


Minimum order:
3 kg 3 units,
15 discs.

BONE MEAT

SPOONFULS

Perhaps one of the most famous images from Tokyo's iconic Tsukiji market is the one of market-goers eating nakauchi (bone meat) for breakfast, using spoons to scrape the meat directly off the tuna. Due to its delicate nature and limited production, it has to be eaten straight away. Use as a salad topping, in ceviches or tiraditos, as well as for making burgers or meatballs.



COOKING METHOD

★★★ Raw

★★ Grilled

WEIGHT

500g

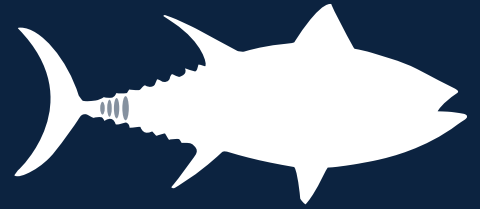


Minimum order: 1 kg

OSSOBUCO

THE KING OF THE TABLE

The name means 'hollow bone' in Italian. This cut includes the spine and the adjacent loins. Its high collagen content makes it smooth and sweet, and it is the main event in any meal. Its different textures (the crispy skin and the bone meat, which is both sweet and gelatinous at the same time) make it a unique product.



COOKING METHOD

- | | |
|----------------|-------------------------|
| ★★★ Casseroled | ★★ Grilled (230°C) |
| ★★★ Griddled | ★★ Oven-roasted (180°C) |

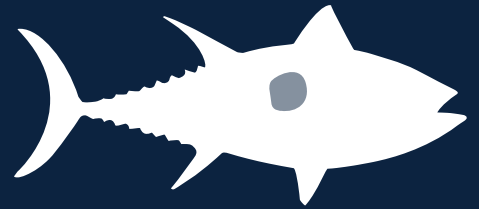


Minimum order: 3 kg

HEART

NOUVELLE CUISINE

All the rage in modern kitchens. Needs to be slow-cooked. Its intense flavour is a reward for the senses. It can be cured with salt, casseroled and slow-cooked.



COOKING METHOD

- ★★★ Casseroled
- ★★★ Cured with salt
- ★★★ Grilled

WEIGHT

BETWEEN
200g
600g



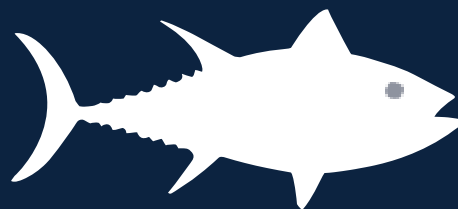
Minimum order: 1 kg

EYE

EYE

EXPERIMENTAL INGREDIENT

Although it's still a novel ingredient here, it has been used in Asian cuisine for centuries. In the western world, advancements in culinary fields mean that new, exciting ingredients are constantly being sought after. The eye has high collagen and protein content due to the surrounding muscular and connective tissue.



COOKING METHOD

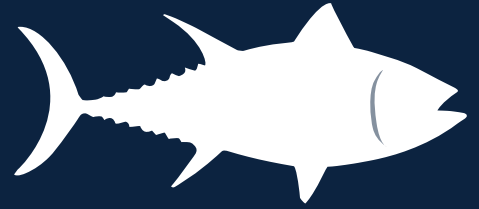
- ★★★ Casseroled
- ★★★ Griddled
- ★★★ Boiled



Minimum order: 3 kg
6 units

THE TUNATECA'S DISCOVERY

Up until now, this part of the tuna was often discarded in Spanish cuisine. Due to its location, composition, size and texture, it's very similar to the more gelatinous parts of pigs. It's a very refined ingredient with a delicate marine flavour, which can be cooked, stuffed, grilled or prepared as a carpaccio. This part is found in the operculum. It is between 20 and 25 centimetres long, and is made up of a fibrous part and a meaty part.



**EACH
PIECE**
BETWEEN
100g
150g

COOKING METHOD

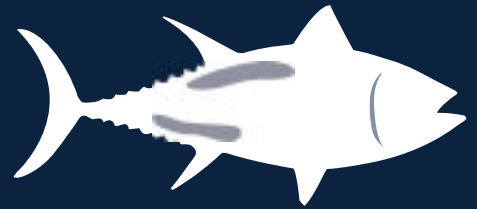
- | | |
|--------------------|---------------|
| ★★★ Grilled | ★★ Casseroled |
| ★★★ Oven-roasted | ★ Raw |
| ★★ Grilled (200°C) | ★ Grilled |

Minimum order: 3 kg

BLOODLINE

SOURCE OF SELENIUM

The part of the muscle located next to the spine. It is similar to the other parts of the loin meat, although it has a softer texture and a more intense flavour. Its selenium content is the highest out of all known foods. In addition, it has antioxidant properties that help to prevent certain diseases. It works well combined with tomato sauce, onions and quince sauce, preserved in salt or made into sausages. It can also be pickled, marinated in vinegar, grilled, cooked confit-style, grilled and stewed.



WEIGHT
BETWEEN
400g
1,2Kg



Minimum order: 3 kg

COOKING METHOD

- | | | |
|-----------------|------------------------|-----------------------|
| ★★★★ Brine | ★★ Grilled (200 °C) | ★ Olive oil preserved |
| ★★★★ Casseroled | ★ Grilled (230 °C) | ★ Oven (110°C) |
| ★★★★ Confit | ★ Marinated in vinegar | ★ Oven (180°C) |
| ★★ Grilled | | |

TRIPE

THE 'TRIPE' OF THE SEA

Known as 'the tripe of the sea', they are rough in texture and are found in the animal's stomach. They should be washed thoroughly and boiled until soft. They can be cooked in a spicy stew with potatoes and pieces of the heart. This is a typical fisherman's meal on winter days.



COOKING METHOD

- ★★★ Casseroled
- ★★★ Stew
- ★★★ Boiled

WEIGHT

BETWEEN
3 kg
4 kg

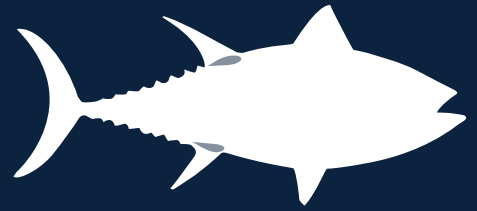


Minimum order: 3 kg

HARMONICA

SWEETNESS AND ELEGANCE

It's called a harmonica because the meat is marbled and because it has a layer roughly every half-centimetre that occupies the entire piece horizontally and vertically. It can be eaten on the bone, which would be the most traditional way, or in a terrine. For fall-off-the-bone deliciousness, we cook it for 15 to 25 minutes in an aromatic broth (with pepper, bay leaf, onions...) at about 65 degrees, until the meat starts to slide off. Next, we shape it in a terrine to cut out rectangles that we then apply different culinary techniques to. As for the flavour, it is surprisingly meaty and has a taste similar to veal.



WEIGHT

BETWEEN
200g
500g

COOKING METHOD

- | | | |
|-----------------------|------------------------|---------------------|
| ★★★ Grilled | ★ Oven-roasted (110°C) | ★★ Stewed casserole |
| ★★★ Marinated in acid | ★ Pickled | |
| ★★ Grilled | ★ Preserved | |

Minimum order: 3 kg

Discover our recipes



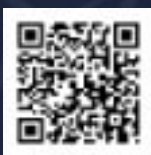


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G R U P

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