

# SUSTAINABLE BLUEFIN TUNA THUNNUS THYNNUS







### **ABOUT BALFEGÓ**

The Balfegó family is the fifth generation of a great fishing family from L'Ametlla de Mar (Tarragona). In the 1980s, as true visionaries, they decided to focus on bluefin tuna fishery and, after many years of effort, they have succeeded in transforming the traditional fishing of this species into a world leader in the capture, processing, study, marketing and distribution of bluefin tuna under a business system that is both environmentally and socially sustainable.

Balfegó's wild tuna live in pools off the coast of L'Ametlla de Mar (Tarragona) and are fed exclusively on oily fish. Its commitment to product excellence has led it to be the only company in the world to extract tuna from the sea at its optimum fat point, on customer demand. The harvest method used guarantees a stress-free product (Yake, in japanese), resulting in a product of excellent gastronomic value that is present in the world's finest restaurants.



# Why is Balfegó considered the best bluefin tuna in the world?

#### World leader in the fresh market

We fish between May and June. Once caught, the tuna is taken to our aquaculture facilities, located 5km from L'Ametlla de Mar (Tarragona). This allows us to market fresh bluefin tuna 365 days a year with a stable quality that is unique in the market.

## Recognition of good practices in the prevention of anisakis

AENOR certification of the evisceration method immediately after the death of the animal and periodic preventive analysis using molecular biology techniques.

## Certified environmental sustainability

Certification and control of the different phases of the process, such as the extractive fishing, the feeding phase, the marketing phase and the environmental monitoring of the activities involved.

## Ikejime harvest technique

Balfegó bluefin tuna is free from stress. The individual harvesting method and the Japanese *Ikejime* technique used guarantee a stress-free product, resulting in a tuna of excellent gastronomic value that is present in the world's finest restaurants.

## **Optimum fat point**

Balfegó is the only company to measure the fat content of each tuna, in order to adapt to customer requirements. Once in the aquaculture facilities, the tuna are fed to regain the body mass lost during their migration from the Atlantic to the Mediterranean. Their diet is based solely and exclusively on oily fish, which is what they would eat in their natural habitat.

## Brand of international prestige

We are currently present in some of the best restaurants on the planet. Our internationally renowned brand, fostered by our four corporate pillars of: excellence, traceability, sustainability and transparency, can be found in over 45 countries.

## Unique traceability system

A guarantee of sustainability, transparency, food safety and legality for chefs and consumers. Each piece of Balfegó bluefin tuna is accompanied by a set of traceability labels for restaurants to hand out with each portion.

Our traceability system is a pioneer in the world of fish. Using a mobile phone and the QR code provided with each portion, you can access all the information about the bluefin tuna you are buying or tasting: date of catch, weight, length or fat content, as well as health, quality and environmental sustainability certificates.













# IT'S NOT ONLY ABOUT BEING THE BEST.

IT'S ALSO ABOUT DOING IT RIGHT.

Certified



Corporation

# Balfegó, the first company in the seafood sector in Spain to obtain the B Corp seal.

## More than just a certification

It is a recognition given to companies that meet rigorous standards of social and environmental practices, transparency and accountability.

Being a B Corp company allows us to understand in-depth our impact on people, communities and the planet.

## To get here...

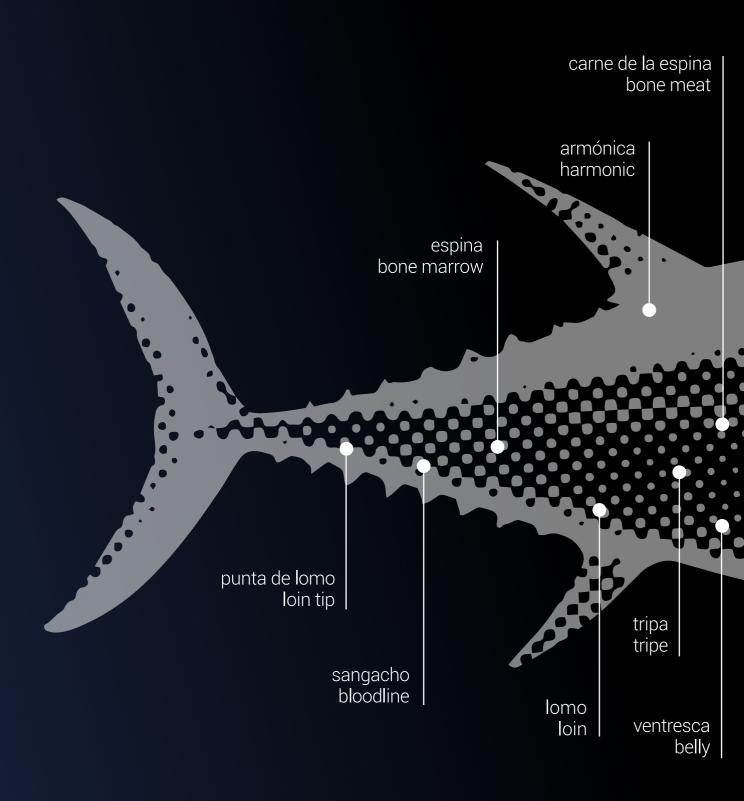
We have measured and analyzed our performance through the B Impact Assessment and how the operations, leadership and model of our business impact:

The team
The community
The environment
The customers



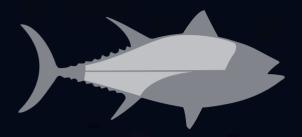


# THUNNUSTHYNNUS





# LOIN



# The perfect combination

Akami, which means 'red meat' in Japanese, is found in the inner part of the loin, next to the backbone. Its main characteristics are its red color and intense flavor. Chutoro means 'medium tenderness' as it has a fat content between that of akami (lean) and otoro (the belly, which is fatter). It is the outer part of the loin, very close to the skin, and is characterized by its pink color and oiliness. The combination of akami and chutoro is the hallmark of authentic bluefin tuna (hon maguro) and is praised by sushi chefs around the world. This duality of color and texture offers chefs endless culinary possibilities.



#### **COOKING METHOD**

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

★ Oven-roasted (180°C)





WHOLE LOIN

BETWEEN 30kg / 60kg





LOWER LOIN WITH BELLY

BETWEEN 30kg / 70kg





TABLET

3/5/7kg

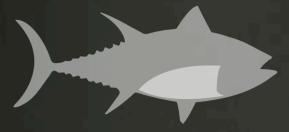
THICKNESS: 3cm





# Belly

★★ Pickled



# A pleasure for the senses

The belly, also called *otoro* (meaning 'superior tenderness' in Japanese), is the ventral part of the tuna. This is the part preferred by chefs and connoisseurs alike and is a staple of sushi. It is the hallmark of authentic bluefin tuna and distinguishes it from other, less valuable tuna species. As 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 eating raw, although it's also delicious grilled, griddled or pickled.



STRIP

2kg

THICKNESS 10cm











ветween 6kg / 20kg







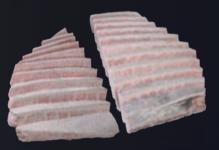
½ BELLY

ветween 6kg / 12kg





☆ FROZEN



SAKUS

ветween 6kg / 18kg

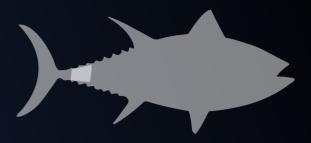
THICKNESS 3cm



Minimum order: 6kg



# Loin tip



# A pleasure for the senses

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



LOIN TIP



**EACH PIECE** 

BETWEEN 1kg / 2kg

**≋** FRESH

Minimum order: 3kg

**EACH PIECE** 

BETWEEN 300g / 700g



**K** FROZEN

Minimum order: 3kg

#### **SLICES**

BETWEEN 60g / 150g

THICKNESS: 3cm



Minimum order: 3kg



#### COOKING METHOD

Casserole

Confit

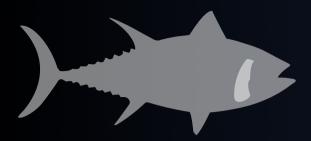


★★★ Raw

Grilled



# 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 connects the head to the trunk of the animal. The read meat on the bone is paired with part of the belly. It can be grilled until crispy on the outside and juicy on the inside. The collar bone has become a staple in the best barbecue restaurants, thanks to its succulent flavor when cooked on the grill or in a Josper oven. It can also be boiled and cooked in a terrine.



Minimum order: 3kg

#### WHOLE PIECE

-1,5kg BETWEEN 0,5kg / 1,5kg

💥 FROZEN

+1,5kgBETWEEN 1,5kg / 3kg

FROZEN

Minimum order: 3kg



#### COOKING METHOD

★★★ Grilled

★ ★ ★ Hotpot/casserole

★★★ Pickled

★ ★ ★ Olive oil preserved

★★ Grilled (200°C)

★★ Grilled (230°C)

★★ Oven-roasted (180°C) ★★ Oven-roasted (110°C) ★ ★ Confit (vacuum 58°C)



# Head meat



## Sublime smoothness

It's a unique cut that has a similar fat content to the belly, but the meat is firmer. It offers a wide range of cooking possibilities. Ideal drizzled with vinegar or lemon (which reduces the high fat content), served with sauces or used in more traditional recipes such as pickled. Because of its high fat content, it cooks beautifully on a grill or griddle. We recommend cooking it thoroughly.



**₩** FROZEN

Minimum order: 3kg

#### COOKING METHOD

★★★ Olive oil preserved ★★★ Confit (vacuum 58°C)

★★★ Brine

★★ Grilled (230 °C)

★★★ Oven-roasted (110°C)

★★ Oven-roasted (180°C)

★★ Hotpot/casserole

★ Grilled (200°C)



# Cheek



# Tender and unique

The cheek is the inner part of the tuna's face. As it is quite fibrous, it is best grilled at a low temperature until tender. Even though it's delicious grilled, we also recommend coating it in flour and baking it.



EACH PIECE

ветwееN 300g / 600g



₩ FROZEN

Minimum order: 3kg

#### COOKING METHOD

- ★★★ Grilled
- ★★★ Pickled
- ★★★ Hotpot/casserole
- ★★★ Oven-roasted (180°C)
- ★★ Grilled (200°C)
- ★★ Confit (vacuum 58 °C)
- ★ Oven-roasted (110°C)



# Chin



# Juicy bone

In addition to gelatine, this bone contains a large amount of meat. When roasted, grilled, baked or cooked confit, this piece of meat gives a delicious, sweet, honeyed flavor. This cut can also be served in rice dishes, shredded or as a whole piece.



COOKING METHOD

★★★ Casseroled★★★ Oven-roasted

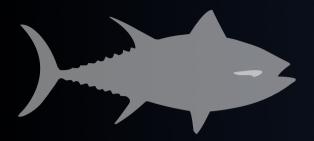
★★★ Grilled

★★★ Casserole

★★ Confit



# Secret



## The hidden secret of bluefin tuna

The secret lies in the center of the tuna, a cut that can be eaten raw or cooked. It has an intense flavor that goes well with sweet and sour or spicy condiments. It can be eaten raw in nigiris, sushi or as a carpaccio, very finely sliced. For hot dishes, it is ideal for grilling or casseroles.



Minimum order: 3kg

COOKING METHOD

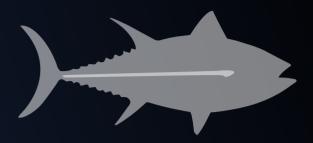


★★ Confit

★★ Raw



# Bone marrow



# El Bulli's discovery

The bone marrow is the synovial fluid that allows movement in the intervertebral discs of the tuna. It was first used as an ingredient in haute cuisine in Ferran Adria's famous El Bulli restaurant in 2003. It has a unique texture and subtle flavor. It requires gentle cooking and can be poached, battered or fried. It is also ideal for eating raw, dipped in tempura or used in sauces.



#### COOKING METHOD

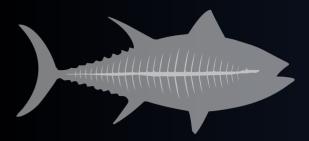


**★★★** For sauces

★★★ Tempura



# Bone meat



# Spoonfuls

Perhaps one of the most famous images of Tokyo's iconic Tsukiji market is that of market goers eating *nakaochi* (bone meat) for breakfast, using spoons to scrape the meat right off the tuna. Due to its delicate nature and limited production, it must be eaten immediately. It can be used as a salad topping, in tartares, *ceviches* or *tiraditos*, and to make burgers or meatballs.



EACH PIECE

500g



Minimum order: 1kg

COOKING METHOD







# Eye



# Experimental ingredient

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



ветwеем 300g / 600g



Minimum order: 3kg 6 units maximum

#### COOKING METHOD

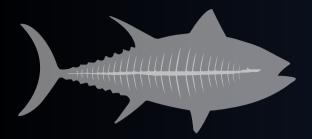
★★★ Casseroled

★★★ Griddled

★★★ Boiled



# The ribs



## Ribs of the sea

This is a cut from the backbone of the bluefin tuna. Its organoleptic qualities are very similar to those of pork ribs and its culinary possibilities are identical. It can be the star of a barbecue, but it can also be grilled or stewed.



EACH PIECE

BETWEEN 200g / 500g



Minimum order: 3kg

COOKING METHOD

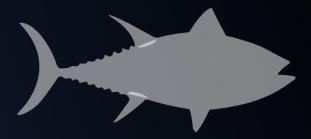


★★★ BBQ

★★★ Roasted



# Harmonic



# Sweetness and elegance

It's called harmonic because the meat is marbled and has a layer every half a centimeter or so, covering the whole piece horizontally and vertically. It can be eaten on the bone, which is the most traditional way, or in a terrine. As for the flavor, it's surprisingly meaty, like veal.

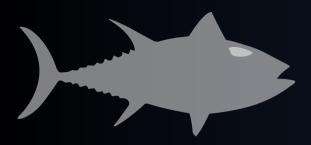


#### COOKING METHOD

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



# Heart



## Nouevelle cuisine

All the rage in modern kitchens. Must be slow cooked. Its intense flavor is a treat for the senses. It can be salt-cured, baked and

slow-cooked.



#### **EACH PIECE**

BETWEEN 200g / 600g



**FROZEN** 

Minimum order: 1kg

#### COOKING METHOD

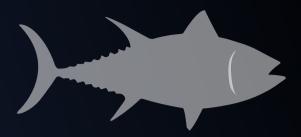
★★★ Casseroled

★★★ Salt-cured

★★★ Grilled



# Ear



# **TUNA**TECA's discovery

This is a part of the tuna's body that has been neglected in the Spanish market until now, and which, due to its location, composition, size and texture, is very similar to the most gelatinous parts of the pig. It is a very delicate ingredient, with a delicate marine flavor, which can be cooked, stuffed, grilled or made into carpaccio. This part is located in the area of the operculum and is made up of both a fibrous and a fleshy part.





Minimum order: 3kg

#### COOKING METHOD



★★★ Oven-roasted

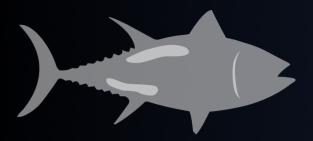
★★ Grilled (200°C)

★★ Casseroled

★ Raw



# Bloodline



## Source of selenium

The part of the muscle next to the backbone. It is similar to the other parts of the loin, although it has a softer texture and a more intense flavor. Its selenium content is the highest of any known food. It also has antioxidant properties that may help to prevent certain diseases. It goes well with tomato sauce, onion and quince sauce, pickled in salt or made into sausages. It can also be pickled, marinated in vinegar, grilled, cooked confit style and stewed.



COOKING METHOD

**★★★** Brine

★★★ Casseroled

★★★ Confit

★★ Grilled

★★ Grilled (200 °C)

★ Grilled (230 °C)

★ Marinated in vinegar

★ Olive oil preserved

★ Oven (110°C)

★ Oven (180°C)



# Tripe



# The tripe of the sea

Known as the 'tripe of the sea', this coarse-textured part is found in the tuna's stomach. It should be washed thoroughly and boiled until soft. It can be cooked in a spicy stew with potatoes. This is a

typical winter fisherman's dish called butxi.



#### **EACH PIECE**

BETWEEN 1kg / 4kg



Minimum order: 1kg

#### COOKING METHOD

★★★ Casseroled

★★★ Stew

★★★ Boiled





# Promoting gastronomic talent

We have always been on the side of young culinary talent.

We want to help them develop their careers through competitions, prizes and training scolarships.



**Chef Balfegó,** our culinary competition that rewards the chefs who work best with bluefin tuna, has gone international and now seeks to recognize the talent of young chefs from all over the world. A professional jury, made up of the best chefs in the world and chaired by the great Martín Berasategui, will evaluate and score the contestants' creations. The careers of those who have taken part in Chef Balfegó have been completely transformed, such as Rafel Muria and Alejandro Serrano, who were awarded a Michelin star the following year.





ITAMAE Balfegó, the professional sushi championship, recognizes the talent of those chefs who have dedicated themselves to Japanese cuisine. Sashimi, nigiris or makis, creations of Japanese essence that are judged by a professional jury made up of some of the best sushi chefs on the scene to determine who will be the ITAMAE Balfegó in each edition.



**JAPAN** DAY IN SPAIN CULTURE & GASTRONOMY





### #BALFEGÓWTALENT SCHOLARSHIP

The #BalfegóWTalent scholarship aims to promote the training and career development of women in haute cuisine. With this initiative, we want to close the gender gap in this sector. This is one of the many measures in our Equality Plan.

**ÍNDIGO Balfegó** is the exclusive association of professionals that offers our clients much more than an exceptional product, guiding them professionally every step of the way. This initiative was created to connect, share and grow together through training, events and experiences, among other premium benefits.

# 111d1go

inspirando mentes brillantes



### **PREMIUM PARTS | FROZEN**

ACAB00072 FROZEN HARMONIC 3KG

ACABO0021 FROZEN BONE MEAT 1KG

ACAB00007 FROZEN CHEEK 3 KG

ACAB00024 FROZEN LOIN TIP 3 KG

ACAB00012 FROZEN HEART

ACAB00013 FROZEN CHIN 3 KG

ACABO0018 FROZEN BONE MARROW | MAX 15 U.

ACABO0008 FROZEN HEAD MEAT 3 KG

ACAB00023 FROZEN EYE | 6 U.

ACAB00078 FROZEN EAR 3KG

ACABO0083 FROZEN COLLAR BONE-1,5/3 KG

ACABO0085 FROZEN COLLAR BONE-1,5/3 KG CUT

ACABO0084 FROZEN COLLAR BONE + 1,5/3 KG

ACABO0086 FROZEN COLLAR BONE + 1,5/3 KG CUT

ACAB00022 FROZEN SIRLOIN 3 KG

ACAB00025 FROZEN SIRLOIN 3KG SLICES

ACAB00016 FROZEN BLOODLINE 3KG

ACAB00071 FROZEN SECRET 3 KG

ACAB00011 FROZEN TRIPE

## **BLUEFIN TUNA FROZEN I BALFEGÓ**

ACAB00054 FROZEN LOIN 3 KG

ACABO0049 FROZEN LOIN 3 KG CUT IN TABLETS

ACAB00050 FROZEN LOIN 5 KG

ACABO0066 FROZEN LOIN 5 KG CENTER

ACABO0051 FROZEN LOIN 5 KG CUT IN TABLETS

ACABO0068 FROZEN LOIN 5 KG TAB CENTER

ACABO0052 FROZEN LOIN 5 KG CUT IN SLICES

ACABOO067 FROZEN LOIN 7 KG CENTER

ACABO0032 FROZEN LOIN 7 KG CUT IN TABLETS

ACABO0069 FROZEN LOIN 7 KG TAB CENTER

ACAB00061 FROZEN BELLY STRIP

ACAB00062 FROZEN BELLY STRIPS | 5 U.

ACAB00060 FROZEN HALF BELLY

ACAB00080 FROZEN WHOLE BELLY-6KG

ACAB00081 FROZEN WHOLE BELLY 6-12KG

ACAB00082 FROZEN WHOLE BELLY +12KG

ACAB00063 FROZEN WHOLE BELLY SAKU

### **BLUEFIN TUNA FROZEN | SELECTION**

ACA100054 FROZEN SELEC LOIN 3 KG

ACA100049 FROZEN SELEC LOIN 3 KG CUT IN TABLETS

ACA100050 FROZEN SELEC LOIN 5 KG

ACA100066 FROZEN SELEC LOIN 5 KG CENTER

ACA100051 FROZEN SELEC LOIN 5 KG CUT IN TABLETS

ACA100068 FROZEN SELEC LOIN 5 KG TAB CENTER

ACA100052 FROZEN SELEC LOIN 5 KG SLICES

ACA100067 FROZEN SELEC LOIN 7 KG CENTER

ACA100032 FROZEN SELEC LOIN 7 KG CUT IN TABLETS

ACA100069 FROZEN SELEC LOIN 7 KG TAB CENTER

## **BLUEFIN TUNA | FRESH**

AFAB00165 FRESH LOIN TIP 3 u.

AFAB00050 FRESH LOIN 3 KG

AFAB00051 FRESH LOIN 5 KG

AFAB00071 FRESH LOIN 5 KG CENTER

AFAB00052 FRESH LOIN 7 KG

AFAB00072 FRESH LOIN 7 KG CENTER

AFAB00057 FRESH LOIN 15 KG

AFAB00054 FRESH LOIN 25 KG

AFAB00005 FRESH WHOLE LOIN

AFAB00055 FRESH UNDERLOIN AND BELLY

AFAB00061 FRESH BELLY STRIP

AFAB00062 FRESH BELLY STRIPS | 5U.

AFAB00060 FRESH HALF BELLY

AFAB00006 FRESH WHOLE BELLY

## **NEW PRODUCTS**

AA5B00023 BLUEFIN TUNA BROTH 950ml DOYPACK

AA5B00024 BLUEFIN TUNA THAI BROTH 950ml DOYPACK

AAC100001 CANNED BELLY OTORO 230g

AAC100002 CANNED BELLY CRUMBS 230g





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