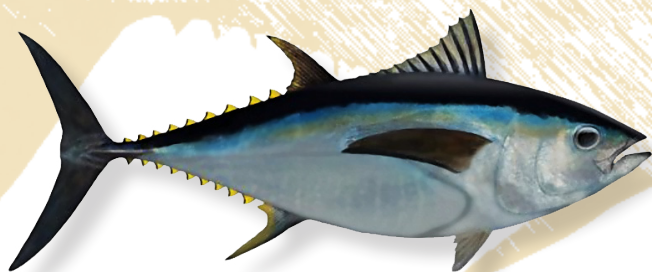




Tuna

Bigeye Tuna



Market Name Tuna

Scientific Name Thunnus obesus

Common Name Bigeye Tuna



Bigeye Tuna is dark metallic blue on the back and upper sides with white lower sides and belly. The first dorsal fin is deep yellow, the second dorsal and anal fins are brownish or yellowish with narrow black edges, and the fillets are bright yellow with broad black edges. Their bodies are stocky and robust, and adults' eyes are large. This tuna is also a popular fish for sushi/sashimi. Among the fastest fish in the sea, tuna migrates widely. In its short life span (about 11 years), the Bigeye grows to up to 6 feet and can weigh up to 250 lbs. Almost all of the U.S. commercial harvest of Bigeye Tuna comes from the Pacific. A small amount of this is exported, but the remainder makes up around half of the tuna we eat. Rastelli Seafood also imports Bigeye Tuna from around the world, mainly from Asia, South America and Central America.

Yellowfin Tuna



Market Name Tuna

Scientific Name Thunnus albacares

Common Name Yellowfin Tuna



Yellowfin is also known as "Ahi" for its brilliant red color. Raw flesh should be a bright ruby red color. Yellowfin Tuna is landed year-round, but the heaviest landings of the month are just before the full moon. Below you will see the lunar phases that shows when the best time to buy the highest quality tuna which is right before and right after the full moon. Tuna fishing entails using lightsticks to attract the fish; during the full moon, the lightsticks are less effective, so most boats return to shore to land their catch. Yellowfin Tuna is graded by both fat content and color— the fatter and redder (Ahi), the better. Yellowfin is brought to Rastelli Seafood from as far away as Ecuador, Hawaii, Trinidad, Philippines and Indonesia; and as close as Cape May, Sea Isle and Barnegat Light! We truly scan the globe to bring the best to our customers.

2010 MOON PHASES

NEW MOON The moon's unilluminated side is facing the Earth. The moon is not visible (except during a solar eclipse).

FIRST QUARTER One-half of the moon appears to be illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is increasing.

FULL MOON The moon's illuminated side is facing the Earth. The moon appears to be completely illuminated by direct sunlight.

LAST QUARTER One-half of the moon appears to be illuminated by direct sunlight. The fraction of the moon's disk that is illuminated is decreasing.

NUTRITIONAL INFORMATION

Average nutritional values per 100 g:

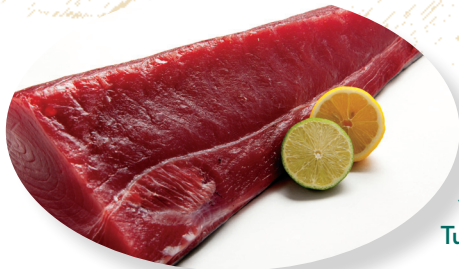
Calories	108 g
Fat	0.95 g
Protein	23.3 g
Omega-3	0.23 g
Cholesterol	45 mg
Sodium	37 mg

NEW MOON	FIRST QUARTER	FULL MOON	LAST QUARTER
			Jan 7 10:40
Jan 15 07:11	Jan 23 10:53	Jan 30 06:18	Feb 5 23:49
Feb 14 02:51	Feb 22 00:42	Feb 28 16:38	Mar 7 15:42
Mar 15 21:01	Mar 23 11:00	Mar 30 02:25	Apr 6 09:37
Apr 14 12:29	Apr 21 18:20	Apr 28 12:18	May 6 04:15
May 14 01:04	May 20 23:43	May 27 23:07	Jun 4 22:13
Jun 12 11:15	Jun 19 04:30	Jun 26 11:30	Jul 4 14:35
Jul 11 19:40	Jul 18 10:11	Jul 26 01:37	Aug 3 04:59
Aug 10 03:08	Aug 16 18:14	Aug 24 17:05	Sep 1 17:22
Sep 8 10:30	Sep 15 05:50	Sep 23 09:17	Oct 1 03:52
Oct 7 18:44	Oct 14 21:27	Oct 23 01:36	Oct 30 12:46
Nov 6 04:52	Nov 13 16:39	Nov 21 17:27	Nov 28 12:46
Dec 5 17:36	Dec 13 13:59	Dec 21 08:13	Dec 28 04:18

the taste of fresh

TUNA SERVING SUGGESTION

OVEN BAKED TUNA STEAK WITH ROASTED RED PEPPERS



Yellowfin
Tuna Loin



Yellowfin
8 oz. Tuna Steak

Whole H&G Tuna is inspected every day taking a core sample before cutting.

ALL TUNA IS CUT TO ORDER



2 (8 oz.) **Center Cut Tuna Steaks**

1-2 large red bell pepper, roasted, seeded and julienned
2 garlic cloves, minced
1 tsp. finely chopped fresh oregano
1 tsp. finely chopped fresh basil
1 tsp. balsamic vinegar
1 tbsp. unsalted butter
1 small green chili, seeded and finely chopped
2 thin slices of red onion
Salt and pepper to taste

Rastelli Seafood sources only from reliable commercial vessels and brokers. Tuna must be handled properly as it is pulled from the ocean; the key is ice and plenty of it. Tuna must be iced down as it come from the water to calm the fish and gradually bring down the internal temperature to protect the meat. All tuna that is received in our processing facility in Egg Harbor City is graded by taking a core sample and grading accordingly.

Since grading is in the eye of the beholder, we make things real simple. It is either #1 (Sushi or Sashimi grade) tuna or it is something else. All else is graded as 2+ or #2; anything less goes back to the vendor.

We do not try to confuse the market with 1+, 2++, etc. Our #2 and 2+ tuna always will cut out better than competitive product, guaranteed because our name is on every box.

Rastelli Seafood also has a full line of frozen Tuna Steaks, Saku Blocks and Poke Cubes.

PREPARATION: Preheat oven to 425 degrees. Cut 2 pieces of heavy-duty foil into large heart or triangle shapes. Place tuna steak in center of foil. Top with roasted red peppers, oregano, basil, garlic, chili and red onion. Season with salt and pepper. Top each steak with butter. Fold foil over fish. Overlap edges and fold to make tight seal. Bake for 15 minutes. When done, remove from oven and cut top to vent. Serve. Yields 2 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION



Rastelli Seafood LLC, Egg Harbor City, NJ