



Market Name Wahoo
Scientific Name *Acanthocybium solandri*
Common Name Wahoo, Ono, Pacific Kingfish



Wahoo



The Wahoo is found worldwide in tropical and subtropical seas. It is best known to sports fishermen, as its speed and high-quality flesh make it a prize game fish. In Hawaii, the Wahoo is known as Ono. Many Hispanic areas of the Caribbean and Central America refer to this fish as Peto.

The body is elongated and covered with small, scarcely visible scales. The back is an iridescent blue, while the sides are silvery, with a pattern of vertical blue bars. These colors fade rapidly at death. The mouth is large, and both the upper and lower jaws have a somewhat sharper appearance than those of king or Spanish mackerel. Specimens have been recorded at up to 8 ft. in length and weighing up to 180 lbs. Growth can be rapid; one specimen tagged at 11 lbs. grew to 33 lbs. in one year. Wahoo can swim up to 50 mph. They are one of the fastest fish in the sea.

Wahoo tend to be solitary or occur in loose-knit groups of two or three fish, but where conditions are suitable, can be found in schools as large as 100 or more. Their diet is made up of other fish and squid.

The flesh of the Wahoo is white, delicate and highly regarded by many gourmets. This has created some demand for the Wahoo as a premium priced commercial food fish. In many areas of its range, such as Hawaii, Bermuda and many parts of the Caribbean, local demand for Wahoo is met by artisanal commercial fishermen, who take them primarily by trolling.



NUTRITIONAL INFORMATION

Serving Size: 3.5 oz..

Amount Per Serving		
Calories	167	Calories From Fat 6.9
% Daily Value*		
Water	78.57g	
Total Fat	9.67 g	14%
Saturated Fat	2.44g	12%
Cholesterol	64mg	60%
Protein	19.32g	34%
Iron	0.0mg	0%
Sodium	78mg	7%
Omega-3	0.0g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

SOFT WAHOO TACO WRAPS WITH CUCUMBER SOUR CREAM SAUCE

12 oz **Wahoo**, cut into strips
4 large flour tortilla
1 pack of taco seasoning of choice
2 C lettuce, shredded
1 C Jersey tomatoes, diced
1 small red onion, chopped
1 whole ripe avocado, cleaned
and cut in to small slices
1-2 tbsp. fresh cilantro, chopped
2 tbsp. vegetable oil
1 C shredded sharp cheddar cheese
2 C sour cream
1 whole cucumber, peeled, seeded



PREPARATION: In a large preheated skillet add 2 tablespoons of oil and heat until almost smoking. Toss Wahoo strips in taco seasoning and add to hot skillet tossing frequently to evenly cook. Remove from heat when done. Add cilantro and set aside to cool slightly. Lay tortilla shells out and assemble in order of shredded cheddar cheese, lettuce, tomatoes, red onion and avocado slices. Add Wahoo strips and begin to fold wrap. Place cucumber in a blender and blend well. When done drain excess liquid from cucumber. Add back in to blender along with sour cream and continue blending until completely blended. Season with salt and pepper to taste. Cut wraps in half on an angle and plate with a side of cucumber dipping sauce. Yields 4 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

did you know...

THIS FISH IS NOT LISTED AS ENDANGERED OR VULNERABLE WITH THE WORLD CONSERVATION UNION (IUCN). THE IUCN IS A GLOBAL UNION OF STATES, GOVERNMENTAL AGENCIES AND NON-GOVERNMENTAL ORGANIZATIONS IN A PARTNERSHIP THAT ASSESSES THE CONSERVATION STATUS OF SPECIES.

