

PREPARE WATER



Step 1:

Mix salt with 100°F warm water. (1 tablespoon to 1 pint of water)

CLEAN



Step 2:

Under COLD running water, rub the surface to remove tuna dust from cutting. A clean surface ensures an even defrost.

SOAK



Step 3:

Place in warm, salty water to soak for 1 1/2 to 2 minutes maximum.

RINSE, PAT DRY, & WRAP



Step 4:

Remove from warm water and rinse under COLD running water. Pat dry to remove surface water. DO NOT rub. Wrap in paper towel. For large amounts, line a hotel pan with paper towel, place pieces in pan ensuring they do not touch, cover with paper towel.

STORE



Step 5:

Store in cooler for 3-10 hours depending upon piece sizes. Ideally, defrost the night before use.

READY TO CUT



Step 6:

Ready to cut and eat



SuperFrozen Defrost Instructions

SuperFrozen tuna is very white in appearance.

BIGEYE AND YELLOWFIN TUNA

DO NOT wrap in plastic film during defrost. It prevents color coming up.

SHELF LIFE

2-3 days from defrost. Rigor mortis may cause some shrink or shape change. This is normal and proof of the freshness of the fish.

