

# 3 STEP Defrost Instructions

## Bluefin TUNA

O-Toro: most highly prized fatty tuna  
Chu-Toro: the next level to O-Toro



**SUPERFROZEN**

Superfrozen tuna is very white in appearance.



**READY TO EAT**

1



### Rinse

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

2



### Wrap

Pat dry to remove surface water. DO NOT rub. Ice forming can cause color changes.

3



### Refrigerate

Wrap with paper towel. For large amounts, line a hotel pan with paper towels, place pieces in pan ensuring they do not touch, cover with towel. Store in Cooler for 6 - 10 hours. Ideal timing: defrost the night before.

### 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.

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

