

# ‘Ahi

## Bigeye Tuna • ‘ahi po‘o nui • *Thunnus obesus* Yellowfin Tuna • ‘ahi • *Thunnus albacares*

### LIFE HISTORY INFORMATION AND HAWAII STATE RECORD

Size - up to 6 ft and >400 lbs. • Ave lifespan - 6-7 yrs. • Sexually mature at ~2.5 yrs, 58 lbs or 44 in. • Inhabit warm, clear tropical and subtropical oceans around the world. • Spawn April-Oct in Hawai‘i, with peak June-Aug. • Females expel millions of eggs on a near-nightly basis. • Diet - fish, squid and crustaceans.

**HAWAII STATE RECORD (YELLOWFIN):** 325 lbs by Joey Cabell  
**(BIGEYE):** 277 lbs 5 oz by Jason Van Den Hende, Thomas Pantalion and Charley Lively

### FISHERY INFORMATION

Caught in the deep-set (about 25-220 fathoms) longline commercial fishery and by trolling and using handlines (e.g., ika shibi) year-round.

### LOCAL KNOWLEDGE

Yellowfin is usually most abundant during the summer season (May-September), and is frequently targeted at local tournaments. Yellowfins usually migrate north to south along the Hawai‘i island chain, with Kaua‘i getting the first of the bite before the other islands.

### CURRENT REGULATIONS

**FEDERAL:** Annual catch limit

**HAWAII STATE:** Min size for commercial sale - 3 lbs

### COUNCIL MANAGEMENT

**In 1994, the Hawai‘i longline limited entry permit was established. Permits were issued to all permit holders whose vessels had made at least one landing in Hawai‘i. This was in response to the rapid growth of the fishery from 1987-1992. The bigeye tuna catch limit for U.S. longline fisheries in the western and central Pacific set for 2021 was 3,554 metric tons (~7.8 million lbs).**

Bigeye & Yellowfin - Not overfished; not experiencing overfishing in the Western and Central Pacific Ocean



**STOCK  
STATUS**

# Pressed Spicy 'Ahi Sushi Squares

MAKES 8-10 SERVINGS

## INGREDIENTS

4 tbsp mayonnaise  
2 tsp sriracha chili sauce  
1 tsp hot sesame oil  
½ tsp togarashi seasoning  
1 lb 'ahi, diced  
1 tbsp tobiko (*brightly colored flying fish roe*)  
5 cups rice (*short- or medium-grain "Japanese style" rice*)  
1½ cups vinegar  
¾ cups sugar  
1½ tsp salt  
Black sesame seeds, wasabi sprouts, roasted nori strips, hana ebi (shrimp powder), or additional tobiko for garnish

## DIRECTIONS

1. In a large bowl, mix together mayonnaise, sriracha, sesame oil and togarashi until smooth. Fold in 'ahi and tobiko. Mix until blended. Cover and refrigerate.
2. Cook 5 cups of rice. Let rest 5 to 10 minutes after completely cooked.
3. In a small bowl, combine vinegar, sugar, and salt. Stir until sugar dissolves.
4. Place hot cooked rice in a roomy wooden bowl. Pour vinegar mixture on top. Using a rice paddle and a vertical chopping motion, lift and mix rice to coat every grain with the seasoning liquid. Do not stir in a circular motion; fold lightly, lifting and turning, until all liquids are absorbed.
5. Lightly oil a 9x13-inch pan and pat half of the seasoned rice into the pan. Evenly spread the spicy 'ahi on top. Cover with remaining sushi rice and press gently. Cover tightly with plastic wrap and chill until needed.
6. Cut into small squares and garnish with black sesame seeds, wasabi sprouts, roasted nori strips, hana ebi, or additional tobiko.



*Recipe and Photo Courtesy  
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