

Swordfish



LIFE HISTORY INFORMATION AND HAWAII STATE RECORD

Shutome • a'u kū • *Xiphias gladius*

Size - grow rapidly, up to 14 ft and ~1200 lbs. • Ave size caught - 50-200 lbs. • Sexually mature at ~5-6 yrs. • Females reach sexual maturity at ~57 in (4.75 ft). • The bill is one-third the length of its body.

HAWAII STATE RECORD: 503 lbs by Josh Bunch

FISHERY INFORMATION

Caught in the shallow-set (about 15-50 fathoms) longline commercial fishery. The sets from the longline boats are buoyed to the surface with 4 large circle hooks between floats. These sets use light sticks to attract swordfish that are primarily targeted at night.

LOCAL KNOWLEDGE

Hawaii is the only place where fishers can sell swordfish due to the available local market, although it is not in high demand.

CURRENT REGULATIONS

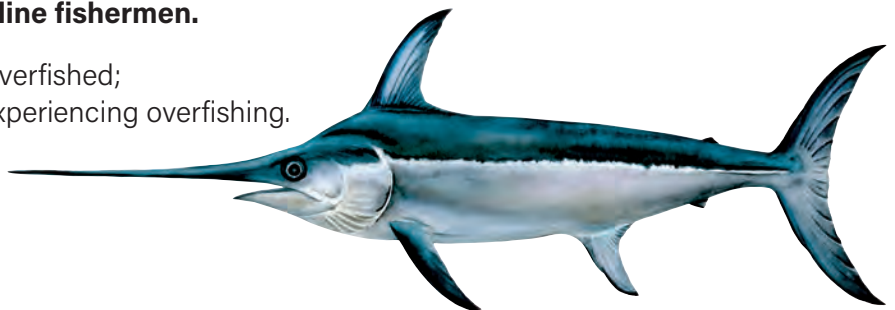
FEDERAL REQUIREMENTS FOR LONGLINE PERMIT HOLDERS: Set an hour after dusk and complete their haul before dawn. • Submit logbooks to the National Marine Fisheries Service (NMFS) within 72 hours. • Carry a NMFS observer (100% coverage in shallow-set, 20% coverage in deep-set). • Carry an operational vessel monitoring system unit. • Obtain certification through a NMFS protected species workshop on interaction mitigation techniques. • **Sea Turtle Mitigation Gear Requirement:** Use only circle hooks sized 18/0 or larger with a 10° offset and mackerel-type bait.

COUNCIL MANAGEMENT

In 1991, the Main Hawaiian Islands Longline Fishing Prohibited Area was created to reduce gear conflicts between the longline and troll/handline fishermen.

STOCK STATUS

Not overfished;
not experiencing overfishing.



Seafood Miso Soup with Dipping Sauce

MAKES ABOUT 4 SERVINGS OF ABOUT 2 CUPS

INGREDIENTS

2 pieces dashi kombu (*dried seaweed, 4 in x 4-in square*)
1 slice ginger, crushed (*about 1-in piece*)
6 cup water
1/2 cup bonito flakes (*2 individual packets*)
1/2 lb clams (*or mussels, scrubbed*)
8 large shrimp
12 oz swordfish fillet, cut into 1-in pieces (*can substitute opah or mahimahi*)
1/4 cup sake
3 tbsp miso
4 tsp soy sauce
1/4 cup daikon radish, grated fine (*use a ginger grater for best results*)
4 tsp lemon juice or ponzu
Steamed baby bok choy or Shanghai cabbage, sliced green onions (*optional*)

DIRECTIONS

1. In a pot, bring kombu, ginger and water to a boil. Remove from heat, add bonito and cover the pot. Let steep at least 15 minutes, strain and discard kombu and bonito. Reserve 2 tbsp of the broth for the dipping sauce.
2. Bring the rest of the broth to a boil, and add clams and shrimp. As soon as clams begin to open and shrimp start to turn opaque (about 2 minutes), remove from heat and add fish. Mix sake with miso, adding 1 tbsp of sake at a time until smooth. This is the broth. Cover and rest 5 minutes or until fish is cooked through.
3. Meanwhile, prepare dipping sauce. In a mixing bowl, combine reserved broth, soy sauce, daikon and lemon juice or ponzu.
4. Divide sauce into 4 small bowls or deep saucers (about 2 tbsp each). Gently re-heat soup (do not bring to a boil).
5. Top each portion with baby bok choy and sliced green onions (if using).
6. Serve with brown rice on the side. Dip fish in sauce as you eat.



*Recipe and Photo Courtesy
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