

## 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.



<http://fishforsushi.com/>