



ISLAND FISHING

WHAT'S THE CATCH?



The pelagic waters (deep ocean) surrounding Hawaii contain some of the most productive sport fishing grounds in the world. Recreational troll and handline fishermen target pelagic fish, such as yellowfin tuna, mahimahi and billfishes that lurk in the calm, tropical waters a few miles from the coastline. At least five million pounds of offshore pelagics are landed annually by recreational fishermen and charter fishing groups in Hawaii.

IT'S FUN!

Offshore recreational fishing is an island tradition. It provides an opportunity for families and friends to get out on the ocean and enjoy quality and stress-free time together.

IT'S CHALLENGING

Finding the fish is the main challenge. Fishermen use live bait, such as skipjack tuna, or artificial lures while trolling or handlining to attract the fish. Often it takes a variety of baiting methods to finally get a fish to bite.

IT'S A WAY OF LIFE

Part of the catch may be shared with families and friends, or part may be sold to offset fuel and bait expenses. Some of the catch may be used for customary exchange for subsistence purposes. Local fishermen are known to take full advantage of their catch, rarely letting any go to waste.

The annual per capita consumption of locally-caught fish in Hawaii is estimated to be 30 pounds, twice the national amount.

IT'S HEALTHY

Eating fish is good for your health. The nutritional value of fish, particularly its high quality protein content (versus fat) and oils like omega-3-fatty acids, is known for several health benefits, such as reducing the risk of cardiovascular disease. Although some fish contain mercury (which at high levels is toxic), fish also have high levels of selenium that blocks and neutralizes the detrimental effects of mercury.

IT'S ONO (DELICIOUS)

In Hawaii, fish are baked (sometimes underground in an imu), fried, steamed, broiled or grilled, and smoked marlin is an island favorite. However, the most popular way to eat fish locally, especially the tunas, is raw as sashimi or poke (pronounced "po kay").



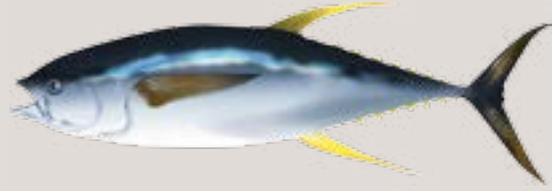
NOAA FISHERIES SERVICE

Sustainable Fisheries Division
Pacific Islands Region
1601 Kapiolani Blvd., Suite 1110
Honolulu, HI 96814
(808) 944-2200
www.fpir.noaa.gov



Offshore Pelagics

U.S. Department of Commerce
National Oceanic and Atmospheric Administration
National Marine Fisheries Service



Ahi • Yellowfin Tuna • Shibi (Japanese)
Thunnus albacares

Weight: 30-150 lb, maximum weight recorded: 405 lb
Prey: Fishes, crustaceans and squid
Lifespan: 6-9 years, maximum age recorded: 9 years
Water Depth: 0 to 820 ft
Estimated Recreational Catch*: 8.9 million lb

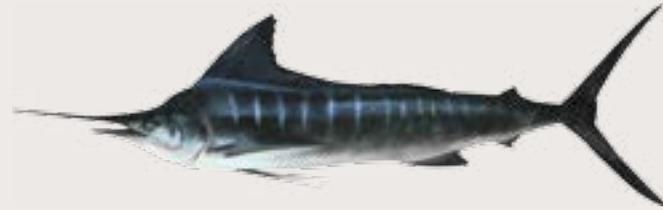
Yellowfin tuna are prized as much for sport as they are for food, especially in sushi bars. They are among the largest tunas caught in Hawaiian waters and are packed with strength and speed. Their sleek bodies are dark blue on top and light silver below. Some of their fins are yellow, with the dorsal (top) and anal (lower rear) fins extending to the tail on some mature adults.



Aku • Skipjack Tuna
Katsuwonus pelamis

Weight: 5-20 lb, maximum weight recorded: 45 lb
Prey: Fishes, crustaceans, squid and mollusks
Lifespan: 8-12 years, maximum age recorded: 12 years
Water Depth: 0 to 850 ft
Estimated Recreational Catch*: 1.6 million lb

Aku are abundant tunas that are commonly caught recreationally in Hawaii. Their bodies are dark purplish blue on top and silver below. Their sides are marked with 4 to 6 dark horizontal stripes. The Hawaiian Tuna Packers Cannery (Coral Tuna brand), established in 1917 at Kewalo Basin, operated for 67 years. In its time, the cannery annually canned as much as 13 million pounds of aku caught by local pole-and-line wooden sampans. Although aku are plentiful, the cannery closed in 1984 due to the impacts of global economic changes.



Au • Striped Marlin • Nairagi (Japanese)
Kajikia audax

Weight: 25-125 lb, maximum weight recorded: 494 lb
Prey: Fishes, crustaceans and squid
Lifespan: 10+ years
Water Depth: 0 to 650 ft
Estimated Recreational Catch*: 30,000 lb

Striped marlin are energetic game fish, seen leaping out of the water at great speeds. They have slender bodies that are dark blue on top and silver below, with well-defined vertical stripes along the sides. Their dorsal (top) fins are the same height as their body and their bills are spear-like and sharp.



Au • Blue Marlin • Kajiki (Japanese)
Makaira nigricans

Weight: 80-300 lb, maximum weight recorded: 1,805 lb
Prey: Fishes, crustaceans and squid
Lifespan: 20+ years, maximum age recorded: 27 years
Water Depth: 0 to 650 ft
Estimated Recreational Catch*: 220,000 lb

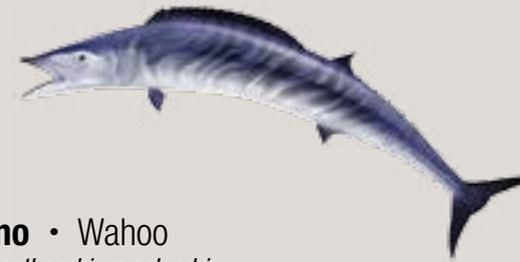
Blue marlin are known for their strength, grace, and endurance. Their bodies are cobalt-blue on top and silver below, with vertical stripes along the sides. They also have long, sharp bills. Female blue marlins are larger than males. The largest known blue marlin landed by rod and reel was caught on Oahu in 1970, weighing in at 1,805 lb! Today, many are caught, tagged and released during fishing tournaments.



Mahimahi • Dolphinfish or Dorado
Coryphaena hippurus

Weight: 8-25 lb, maximum weight recorded: 88 lb
Prey: Flying fish, crabs, squid and other fishes
Lifespan: 2-4 years, maximum age recorded: 4 years
Water Depth: 0 to 280 ft
Estimated Recreational Catch*: 2.5 million lb

Mahimahi are lively and colorful fish, with brilliant blues and greens on their sides and black and white to golden hues below. Males have large, blunt heads and are sometimes referred to as "bulls." Females have smaller and round heads. Once caught, mahimahi are known to flip through the air with speed while their bodies flash iridescent colors ranging from yellow to blue.



Ono • Wahoo
Acanthocybium solandri

Weight: 8-30 lb, maximum weight recorded: 184 lb
Prey: Fishes, crustaceans, squid and mollusks
Lifespan: 5-9 years, maximum age recorded: 9 years
Water Depth: 0 to 30 ft
Estimated Recreational Catch*: 820,000 lb

Ono swim through the ocean in pursuit of their prey at speeds up to 50 mph, making them one of the fastest and most exciting fish to catch. Their bodies are long and slender with dark blue tones on top and silver below, with vertical stripes along the sides. They have long mouths lined with razor-sharp teeth that can easily bite through fishing line.



Pine Nut Parmesan Crusted Ono

4 8 oz. ono fillets
¼ cup pesto sauce
½ cup mayonnaise
1 cup panko bread crumbs
1 cup pine nuts, toasted, and chopped
¼ cup olive oil

1. In a small bowl, mix together pesto and mayonnaise
2. Coat one side of ono fillet with pesto mixture
3. In another small bowl, mix together the panko and pine nuts
4. Take mixture of panko and pine nuts and apply to the same side that is coated with the pesto mixture
5. Add olive oil to skillet
6. Place ono fillets into skillet coated side down
7. Cook each side of fillet for 3 minutes until golden brown

Recipe courtesy of Ben Wong



Ahi Shoyu Poke

1 lb ahi, cubed
¼ cup sliced onion
¼ cup sliced green onion
½ tsp fresh ginger, minced
½ tbsp sesame seed oil
2 tsp shoyu (soy sauce)
Sambal (Asian chili pepper condiment), optional
Ogo seaweed, optional

1. In a large bowl combine all ingredients
2. Chill for 30 minutes before serving