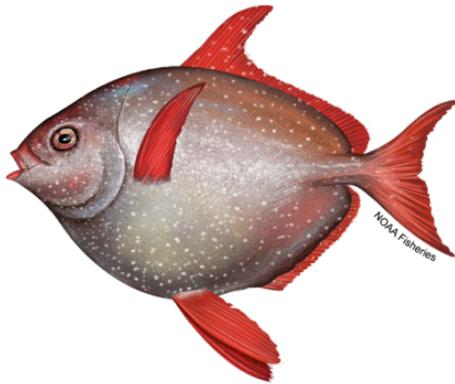




FISHWATCH FRESH FACTS.
SMART SEAFOOD.

OPAH



U.S. wild-caught opah is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. Very little is known about opah, or moonfish, but there's no evidence that opah populations are in decline.

Opah are only harvested in small quantities, caught incidentally in pelagic longline fisheries for tunas and billfish in Hawai'i and American Samoa.

Opah is a rich source of protein, niacin, vitamin B6, vitamin B12, phosphorus, and selenium. It is also low in sodium.

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Opah Chili

Ingredients:

1 pound ground opah*
2 tablespoon taco seasoning
1 large yellow onion, diced
1 (16 ounce) can white kidney beans
1 (16 ounce) can red kidney beans
1 jar (12–15 ounce) salsa of choice
½ teaspoon granulated garlic
½ teaspoon granulated onion
Salt and pepper to taste
Crushed red pepper flakes to taste
3 cups of water
Vegetable oil



1. Add some vegetable oil to a pan over medium-high heat.
2. Add the ground opah to the pan, followed by the taco seasoning. Stir to ensure all of the fish gets coated with seasoning, working to break up any chunks. Once the fish is browned, transfer it to a Dutch oven, similar size pot, or to a slow cooker.
3. Add a little more oil to the hot pan and sauté your diced onion. Once the onion browns and softens, add it in with the cooked fish.
4. Add the canned beans, salsa, granulated onion, garlic, salt, pepper, and crushed red pepper flake.
5. Add 3 cups of water, mix everything together, and set your pot over a low heat or your slow cooker to high.
6. Stir the chili occasionally to help the flavors come together. It will thicken as it cooks, but if you find it getting too thick, simply add a little more water. You may also wish to adjust the seasonings.
7. The chili should take about 2 hours on low if you're using the stove, or 5–6 hours with a slow cooker.

*The ground opah in this recipe is derived from opah “flank” Ask your fishmonger to grind it for you if you don’t have a meat grinder at home. Alternatively, you could use an 80:20 ratio of ground opah flank and ground opah belly.

Recipe by Tommy the Fishmonger and courtesy of Catalina Offshore Products, San Diego, CA.

FishWatch is a consumer education product of NOAA Fisheries.



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