

# Striped Marlin



## LIFE HISTORY INFORMATION

### Nairagi • a'u • *Kajikia audax*

Size - among fastest growth rate of all bony fish, up to 12 ft and >450 lbs. • Life span - up to 20 yrs. • Sexually mature at ~2-3 yrs. • Able to produce up to 500,000 eggs in a single spawning event. • Solitary fish, known to make regular seasonal migrations, moving toward the equator in winter and away in summer. • Favor water temps of 68-77°F.

## FISHERY INFORMATION

The Marlin and Billfish Conservation Act prohibits the export of billfish to the U.S. mainland. Kona on the Big Island of Hawai'i has the largest charter vessel fishery in the state. The Hawaiian International Billfish Tournament, one of the oldest and most prestigious fishing competitions, is based on the availability of large marlins in the summer off the Kona Coast. Hawai'i is the birthplace of the modern day, big game, resin head trolling lure.

## LOCAL KNOWLEDGE

Nairagi is a seasonal fish, with a small catch window. It is considered the finest eating of all marlin species due to its tender flesh.

## CURRENT REGULATIONS

**FEDERAL REQUIREMENTS FOR LONGLINE PERMIT HOLDERS:** 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

**A rebuilding plan is being developed. Currently waiting for an updated assessment for the North Pacific stock. Recommended an initial catch limit of ~1 million lbs (457 metric tons) in 2022. An in-season accountability measure will be implemented to track catch relative to the limit.**



**STOCK  
STATUS**

Overfished; experiencing overfishing (primarily due to foreign fishing)

# Nairagi and Hon-Shimeji Mushroom Lettuce Wraps with Crispy Rice

MAKES 8 LETTUCE WRAPS

## INGREDIENTS

Canola oil for deep-frying  
1 cup leftover cooked rice, separated\*  
2 tbsp canola oil  
2 tsp ginger, finely chopped  
1 tbsp garlic, finely chopped  
1/2 cup onions, chopped  
1 lb nairagi, cut into small cubes  
1 cup hon-shimeji mushrooms, very coarsely chopped  
2 tbsp sherry or shaoxing wine  
1/2 cup water chestnuts, roughly chopped  
1/2 cup bamboo shoots, cut into strips  
1 tbsp hoisin sauce  
1 tbsp soy sauce  
1 tbsp oyster sauce  
1 tbsp water  
1 tsp sesame oil  
2 tsp sugar  
2 tsp chili bean sauce  
1 tsp cornstarch  
1/4 cup green onions, sliced thin  
1/2 cup roasted peanuts, chopped  
1/2 cup cilantro leaves  
8 each Island-grown lettuce (e.g., Manoa), large leaves

## DIRECTIONS

1. Make the crispy rice: In a deep, heavy-bottomed pot large enough for deep frying, heat canola oil until 350°F. Use only enough oil to fill the pot one-third full to prevent boil-over. Don't overcrowd food as you're frying; fry in batches if necessary. Overcrowding the pot causes rice grains to clump; a drop in oil temperature will not allow the rice to puff up and crisp properly.
2. When the rice is puffed and light brown in color, remove from oil and drain on paper towels. Reserve.
3. In a large skillet, heat a little canola oil and fry the ginger, garlic and onions until light brown around the edges. Add the nairagi and hon-shimeji mushrooms and stir-fry for a minute or until nairagi is half done. Add sherry or shaoxing wine and simmer to burn off alcohol.
4. Add water chestnuts and bamboo shoots and stir fry. In a separate bowl, mix the hoisin sauce, soy sauce, oyster sauce, water, sesame seed oil, sugar, chili bean sauce and cornstarch.
5. Add this mixture to the fish mixture while stir-frying. When mixture has thickened, which should take a few seconds, remove mixture from the heat and mix in green onions.
6. Place a lettuce leaf on a plate, fill center with nairagi mixture. Sprinkle crispy rice, peanuts and cilantro on top. Serve.



*Recipe and Bottom Photo Courtesy Kapi'olani Community College Culinary Arts Department  
Above Photo: National Marine Fisheries Service  
Front Photo: Marc Montocchio*



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