Table of Contents

What is Open Blue Cobia™ ............................................... 1
Cobia product formats .................................................... 1
Whole fish cutting ............................................................ 2
  Removing the head .................................................... 2
  Filleting ................................................................. 3
    Trimming and skinning fillets .................................. 4
    Cutting fillets into loins ....................................... 5
Sashimi cutting techniques ............................................. 6
  Kanoko-Giri & Hiki-Giri ........................................... 6
  Sogi-Kiri ..................................................................... 7
  Cho Usu-Giri (super thin cut) ...................................... 8
Andy's signature appetizer:
  Fried cobia with olive on a skewer .............................. 9
Sashimi Decorations ...................................................... 10
  Classic sashimi ......................................................... 10
  Simple Sashimi ........................................................ 10
  Usu Zukuri (paper thin) ............................................. 11
Unique Preparation .......................................................... 12
  Aburi (torched) cobia ............................................... 12
  Aburi special cobia roll ........................................... 13
  Cobia poke .............................................................. 14
  Poke special cobia roll .......................................... 15
  Shimo-Furi cobia ..................................................... 16
Andy's signature appetizer:
  Shimo-Furi cobia with miso .................................... 17
Nigiri ........................................................................... 18
  Carpaccio .................................................................. 19
    Yuzu and Oil Dressing ........................................... 19
    Bell Pepper Dressing ............................................. 19
Andy's signature appetizer:
  Aburi cobia with miso ............................................ 20
Andy's signature appetizer:
  Minced cobia with ceviche sauce ............................... 21
Open Blue Cobia:
Caring for Ocean and Human Health .............................. 22
Open Blue Cobia:
Fresh, nutritious and sustainable .................................. 23
Andy’s Testimonial ........................................................ 24
Open Blue Cobia™ is rich and buttery, with a firm texture that offers endless possibilities in the kitchen. Even the most inexperienced chef can make a masterpiece with our cobia.

Our cobia are raised in a stress-free, low density, high energy, open-ocean environment and are available consistently year round. This results in healthier fish that is naturally high in protein and very rich in Omega 3.

Open Blue Cobia™ is a truly versatile fish that offers a world of culinary possibilities. The high quality sashimi grade means you can enjoy it raw or cooked across a wide range of applications. Even the left over bones and meat are great for simmering and traditional Japanese cooking. As for the taste – it can’t be beat; with a rich, buttery flavor that is uniquely delicious any way you prepare it.

Cobia product formats

Whole fish

Headed and gutted

Full frozen fillet
Whole fish cutting

Removing the head

STEP 1: Lay cobia on a cutting board with the head facing your guide hand and the belly facing you.

STEP 2: Steady cobia with your guide hand. Locate pectoral fin, and place the knife behind it angling the tip to about 45 degrees toward the back of the head and angling the edge toward the mouth. Carefully cut down through the belly to the spine.

STEP 3: Flip cobia over so the spine is now facing you. Place the tip of the knife just to the left of pectoral fin, with the heel of the knife at the back of the head and the blade angled toward the mouth.

STEP 4: Once completed, you should have a V-form of the cuts as shown in the picture.

STEP 5: Holding the head with one hand and gripping the tail of the fish with the other, snap the fish towards you, thereby removing the head.

A single 8oz serving of Open Blue Cobia™ provides enough heart-healthy Omega 3 for a full week.*
STEP 1: Lay cobia across the cutting board with the belly facing you and tail end on the left.

STEP 2: Insert the knife at a 45 degree angle to pierce through the skin, then tilt the knife to 25 degree angle and cut half way through to the middle bone. Now proceed with a flat angle to middle bone.

STEP 3: Rotate the cobia so the back is now facing you and the tail is angled away from you. And repeat step two on the top of the cobia.

STEP 4: Locate the end of the belly bones, toward the center of the fillet. Slide the knife under the length of the bones, then twist the blade slightly to lift the end of the bones.

STEP 5: Grab the ends of the bones with your guide hand. Keeping the side of the knife blade flush against the belly bones cut off the belly bones with one or two broad stokes, pulling them up with your guide hand as you go.

STEP 6: When you reach the bottom of the fillet, cut away the bone completely and discard. Flip the cobia over and repeat on the opposite side.

*The recommended dose of EPA + DHA Omega 3 is 1,000mg per day. Open Blue Cobia™ has 7,400mg of EPA + DHA in one 8oz serving.*

www.openblue.com
Whole fish cutting

Trimming and skinning fillets

STEP 1: Lay cobia fillet on a cutting board with the skin facing up and the belly facing you.

STEP 2 & 3: With your guide hand lift the pectoral fin up, placing the knife under the pectoral fin to remove the collar.

STEP 4 & 5: Place the full loin on the cutting board, skin side down with head end facing your guide hand. Starting at the head end, trim off the belly meat.

STEP 6: Holding the knife at the shallow angle of 10 degrees, and as close to the tail as possible and with the edge toward the head, cut down into the fillet between the meat and skin. Using your guide hand, pull the cobia fillet toward the blade, simultaneously shimmying the knife back and forth at a 10 degree angle and pushing it forward lightly, until the skin is removed.

Open Blue Cobia™ is a premium sashimi grade fish, rich in Omega 3 with a delicate, buttery flavor and a moist, firm texture.
**STEP 1:** Place full cobia loin on the cutting board, head end facing your guide hand and skin side down.

**STEP 2:** With your guide hand holding the fish, locate the pin bone and insert the knife at the start of the bone, on one side of it. Cut down the length of the fillet along the bone line.

**STEP 3:** Repeat the process, cutting through on the other side of the pin bone, and removing it from the fillet. Once the bone is removed, continue cutting down the center of the fillet, creating a top and bottom loin.

**STEP 4:** Using your guide hand, pull the cobia loin toward the blade, simultaneously shimmying the knife back and forth at a 10 degree angle and pushing it forward lightly, until the skin is removed off the loin.

**STEP 5:** Repeat the same for the bottom loin. If any skin remains on the fillet, remove it with the tip of your knife.

**STEP 6:** After removing the skin from each 1/4 cobia fillet it is recommended to remove the red sections and side areas of the muscle meat, and areas near the tail.

**STEP 7:** The fillets are now complete and ready for use in sushi and sashimi.
Kanoko-Giri & Hiki-Giri

We recommend using Kanoko-Giri technique to cut sashimi with the skin side up of the cobia fillet, since this is where the muscle fibers are the strongest.

**STEP 1:** When using the Kanoko-Giri technique, first cut a few millimeters into the meat at a 45° angle.

**STEP 2:** Then cut in the opposite direction, at a 45° angle, creating a scoring pattern on the cobia.

**STEP 3:** To cut Hiki-Giri, slice from the right side of the edge of the fillet. Each slice of cobia should be 3-5 millimeters wide.
The basic idea of Sogi-Giri is tail side pointed towards self at a 45° angle and skin side down while using a cutting board to cut the meat. When slicing cobia, it is recommended that you do skin side up and cut from head to side. 2-3 millimeter thick slices will be better.
When performing this technique, place the fillet skin side up and cut slices starting from head side, cutting the slices 1 millimeter each. When thinly cutting you will need to grip the side of your knife to use the tip side of your knife, while cutting slowly for perfect even slices.

Cho Usu-Giri (super thin cut)
Fried Cobia with Olive on Skewer

- Cut cobia into small cubes; season with salt and pepper
- Coat cobia cubes alternately in flour, beaten egg and panko and deep fry
- Garnish with olive and sweet spicy sauce (recipe pg. 16)
Sashimi Decorations

Classic Sashimi

There are 3 types of sashimi cutting styles for cobia:

• Kanoko-Giri and Hiki-Giri (scored on top)
• Sogi-Giri and Kanoko-Giri (seared by fire)
• Sogi-Giri and Kanoko-Giri (seared by hot water)

Simple Sashimi

• Kanoko-Giri and Hiki-Giri Sashimi
• Daikon and shiso leaf for garnish
• Wasabi and micro greens
Usu Zukuri (paper thin)

Open Blue Cobia™ really outperforms other fish when it comes to paper thin cut sashimi.

The unique texture enables chefs to make paper thin slices without compromising the flesh of the fish, even when cutting a slice as small as 3 grams. Each slice is cut as thinly as possible and immediately transferred to a serving plate. Every translucent, paper-thin slice is layered, usually in a circular pattern to resemble a flower.
Aburi (torched)

- Slice the cobia using the Sogi-Giri technique.
- Place each slice of cobia on a metal pan.
- Torch one side only.
- Place the cobia in an ice bath to chill.
- Dry it off.

Aburi adds a softness to the cobia and a smoky flavor.
Aburi Special Cobia Roll

- 4 oz. of sushi rice and nori, cucumber, avocado, and yamagobo inside roll.
- Place 6 slices of cobia on top of the roll.
- Torch the top cobia on top of the roll.
- Garnish with sliced green olives and capers.
Cobia Poke

Chop vegetables:
- 2 oz. yellow onion
- 2 oz. red onion
- 2 oz. mango

Mix sweet and spicy sauce:
- 2 tbsp. soy sauce
- 1 tbsp. sriracha
- 1 tbsp. sesame oil

Mince: 1 lb. cobia
Combine all ingredients and garnish.
Poke Special Cobia Roll

- Soy sheet, nori, 4oz of sushi rice, cucumber, avocado inside of roll.
- Make minced cobia and add poke mix.
- Slice the roll into 4 pieces and place face up to garnish.
- Place cobia poke on top of roll and garnish with micro greens.
Unique Preparations

Shimo-Furi cobia

- Slice cobia using the Sogi-Gari technique.
- Kanoko-Giri scoring technique.
- Place the fish in boiling water for 2 seconds.
- Place in ice bath to completely chill.
- Do not keep the fish in the ice water. Dry it off.

Shimo-Furi makes the texture of the cobia softer and gives it a unique texture.
Andy’s Signature Appetizer

Shimo-Furi cobia with miso
Shimo-Furi cobia + sweet miso
+ micro greens
Nigiri

- Sogi-Giri/Kanoko-Giri cut the cobia. Each nigiri is 20g sushi rice.
- Sogi-Giri cobia-seared by torching. Nigiri is 20g sushi rice.
  Garnish with lime and chili.
- Sogi-Giri cobia and searing. Nigiri is 20g of sushi rice.
  Garnish with “Yuzu-it” and top with a slice of serrano chile.
Carpaccio

- Super thin slices of cobia garnished with orange tobiko or masago along with micro greens
- Super thin slices of cobia garnished with bell pepper dressing and kaiware

Yuzu and Oil Dressing:
- 1 tbsp. “Yuzu-It”
- 1 g cayenne pepper
- 2 tbsp. grape seed oil
- 2 g salt

Bell Pepper Dressing:
- 1/2 cup finely chopped orange and red bell pepper
- 1 cup apple cider vinegar
- pinch salt & pepper
- 1/2 cup grape seed oil
Andy’s Signature Appetizer

Aburi cobia with miso
Torch cobia + sweet miso + lime
Andy’s Signature Appetizer

Minced cobia with Ceviche sauce
Minced cobia + bell pepper dressing + lime juice
Open Blue Cobia™
Caring for Ocean and Human Health

Open Blue Cobia™ is a premium fish raised responsibly in deep, pure waters far offshore in the open ocean. We provide our fish with the best environment possible with the least impact to the ecosystem to bring you a healthy and delicious product.

• Delicate, buttery flavor with a firm texture
• Premium sashimi grade
• Highly versatile in the kitchen – raw or cooked
• Healthy and rich in Omega 3 – almost 2X more than Atlantic salmon
• Great for expectant mothers
• Full traceability from egg to plate
• No significant impact on the surrounding environment

Omega 3
2 CRITICAL KINDS – EPA & DHA

1000 mg
Recommended dose of EPA + DHA per day

3700 mg
of EPA + DHA in every 4 oz portion of Open Blue Cobia™

Supports a healthy heart & cardiovascular system
Key for brain cell function & memory
Vital for visual functional fluidity
Healthy hair, skin, & nails relies on Omega 3
Critical for babies’ brain eyes and nervous system

Omega 3 lowers the risk of: coronary heart disease | stroke | high blood pressure | rheumatoid arthritis | diabetes | Alzheimers, Parkinsons & dementia
Open Blue is a pioneer of open ocean aquaculture:

Our cobia are carefully cultivated in the pristine, deep waters off of the Caribbean Sea near Panama, far off-shore and away from sensitive ecosystems.

For a fish that’s as good to eat as it is good for the planet, choose Open Blue Cobia™.
Cobia meat is beautiful and white. There is no smell, no color change and no texture change, and is much easier to use than other fish. Thinly sliced cobia is great mixed in salads or with tropical fruit, as carpaccio, ceviche, poke, etc. The delightful taste will make any fish lover happy. Chefs can create many new and innovative dishes using Open Blue Cobia™ because of its versatility. It pairs well with a variety of flavors and foods making it a great and easy product to use and market. Open Blue feeds their cobia healthy, high quality food, making it a more high-end fish. As its popularity grows in the world, I think the cost will balance out and it will be available for more daily use.

The Sushi Chef Institute offers private lessons on cobia at their facility in Torrance, CA. The lessons cover filleting, slicing techniques, special roll making, sashimi, appetizers, etc. Please contact (310) 782-8483 or email@sushischool.net with inquiries.
Swim with the fish
and find more tasty recipes.
Get our free app at openblue.com