

[ABSTRACT]

The present disclosure relates to a method for preparing a bonito extract by extracting katsuobushi under low temperature and reduced pressure; a bonito extract which is prepared by extraction under low temperature and reduced pressure, and has reduced off-flavor and bitter taste and increased flavor and umami taste; a method for preparing a tuna fish sauce, comprising a processing step of mixing and sterilizing the bonito extract and seasoning ingredients; and a tuna fish sauce.