

**MAHI MAHI**  
**(CORIPAHENA HIPPORUS)**



**DESCRIPTION:**

Mahi-mahi have an average lifespan of 4 to 5 years and average 15 to 28 pounds, they seldom exceed 33 pounds. They are distinguished by their dazzling colors: bright blues, greens and gold's on the sides and back. Mature males have prominent foreheads protruding well above the body while the Females have a more rounded head. Mahi-mahi are voracious carnivores and grow rapidly, feeding on small fish and crustaceans. Mahi Mahi are available year round split-up among the US and Latin America with the peak months in the winter. Fish from Latin American are shipped headless and gutted while the domestic fish is shipped with the head and gutted.

**EATING QUALITIES:**

The extra lean dark meat is firm textured with a solid flake. The meat is moist with a mild, slightly sweet flavor. There is a prominent blood line that should be removed, because it can have a "muddy" flavor.

**FISHING METHODS AND REGULATIONS:**

Most mahi-mahi are caught by long-line boats there is also a hook and line fishery. Regulations for this migratory fish are spread among several organizations in the US and Latin America.

**SOLD AS:**

- |                         |                             |
|-------------------------|-----------------------------|
| Whole headed and gutted | Whole Head-on               |
| Fresh hand cut fillets  | Frozen Fillets              |
| Hand cut portions       | Frozen portions 4,6,8 ounce |

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

<b>Calories</b>	<b>89</b>
<b>Fat Calories</b>	<b>8</b>
<b>Total Fat</b>	<b>.9 g</b>
<b>Cholesterol</b>	<b>86 mg</b>
<b>Sodium</b>	<b>128 mg</b>
<b>Protein</b>	<b>18.9 g</b>
<b>Omega 3</b>	<b>0.05 g</b>

**COOKING METHODS**

- Grilled
- Baked
- Boiled
- Pan fried
- Sautéed

**HANDLING**  
 Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh. Fillets should be stacked skin to skin or flesh to flesh.

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