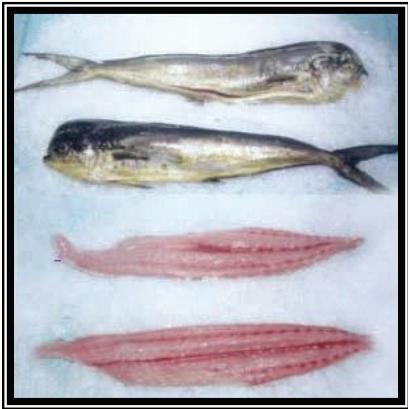


# FORTUNE FISH COMPANY

THE SEAFOOD SPECIALISTS



## MAHI MAHI (CORIOPAHENA 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 veracious 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  
Fresh hand cut fillets  
Hand cut portions

Whole Head-on  
Frozen Fillets  
Frozen portions 4,6,8 ounce

### NUTRITIONAL INFORMATION

3.5 oz raw portion

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

### 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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