

MAHI MAHI
CORIPAHERNA HIPPORUS



DESCRIPTION:

Mahi-Mahi is commonly known as Dolphin Fish. They are distinguished by its vibrant coloration: bright blues, greens and golds on the sides and back. The color begins to fade immediately after the fish is caught. Mahi-Mahi averages 15 to 28 pounds. 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. The fish are migratory and found the tropic and subtropic waters of the Atlantic, Pacific and Indian Oceans.

EATING QUALITIES:

The extra lean dark meat is firm textured with a solid flake and 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 U.S. and Latin America.

SOLD AS:

Whole, H&G, Fillets, Portions, Frozen Fillets, Frozen Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	85
Fat Calories	6.3
Total Fat	0.7 g
Cholesterol	73 mg
Sodium	88 mg
Protein	18.5 g
Omega 3	113 mg

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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