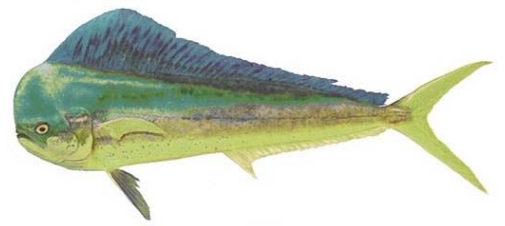


# MAHI-MAHI



Mahi-mahi were long known as dolphin fish because they swim alongside boats as dolphins do. To make the fish more acceptable to consumers, they are known by their Hawaiian name, mahi-mahi. They generally live in waters warmer than 68°F with a lifespan of 4 to 5 years.

Between 66 million and 88 million pounds of mahi-mahi are delivered to the global market each year. mahi-mahi are known for their dazzling colors but when they are removed from the water, the fish often change color among several hues finally fading to a muted yellow-grey upon death.

## Cooking & Handling

Nutrition Facts	
Servings 1	
Serving Weight 100 g	
Amount Per Serving	
Calories 85	
Total Fat	0.7 g
Total Saturated Fatty Acids	0.188 g
Carbohydrate	0 g
Sugars	0 g
Total Dietary Fiber	0 g
Cholesterol	73 mg
Selenium	36.5 mcg
Sodium	88 mg
Protein	18.5 g

Keep mahi-mahi fillets refrigerated for up to 2 days before cooking.

Mahi-mahi is low in saturated fat and is a good source of vitamin B12, phosphorus, and potassium and a very good source of protein, niacin, vitamin B6, and selenium.

Poorly handled mahi-mahi can produce histamine, an organic substance that results in scombroid poisoning if eaten. Keep properly refrigerated.

Flavors that work well with mahi-mahi are avocado, butter, garlic, ginger, honey, kiwi, lemon, lime, mango, mustard, onion, oregano, rum scallion, sesame, shallot, soy sauce, teriyaki, thyme and

tomato.

## Cooking Methods

Bake, Broil, Fry, Grill, Sauté

## Global Supply:



Brazil



Costa Rica



Ecuador



Peru



United States

## Seasonal Availability

Fresh available January through November. Frozen available year-round.

Mahi-mahi is available most of the year, but catches peak from March to May and September to November.

## Scientific Name

*Coryphaena hippurus*

## Market Name

Mahi-mahi

## Common Names

dolphinfish, dorado

## Substitutions

grouper, snapper

French  
German  
Italian  
Japanese  
Spanish

coryphène  
goldmakrele  
lampuga  
shiira  
llampuga

## Raw Characteristics

- Brilliant iridescent blue-green and gold
- flat head, large mouth, sharp teeth, no scales with dorsal fin that runs the length of their body
- pinkish flesh
- lean meat
- market weight 3-6 lbs

## Cooked Characteristics

- mild, sweet flavored
- off-white meat
- large, moist flakes
- firm texture

## DID YOU KNOW?

Mahi-mahi means "strong strong" in Polynesian.

In the Atlantic, dolphinfish are attracted to *Sargassum*, a floating brown alga, which serves as a hiding place and source of food.