



Mahi Mahi

(Coryphaena hippurus)

These wild-caught Mahi Mahi are individually line-caught, bleed-at-sea, and immediately iced to preserve fresh caught quality.



FEATURES/BENEFITS

- Mild with a pronounced flavor similar to swordfish. The meat is lean and fairly firm in texture with large moist flakes.
- The raw flesh is pinkish to grayish-white, though dark along the lateral line. When this fish is cooked, the meat becomes off-white.
- Cut into individual portions, vacuum-packed and immediately frozen.
- They are completely filleted to remove all skin, bones and bloodline.
- Mahi Mahi performs well on the grill. The meat remains nicely moist and can hold up even when “blackened”.
- Ideal for “sandwich building” or marinate your Mahi Mahi portions ahead of time for a great taste alternative!

APPLICATIONS

Since Mahi Mahi is a milder and leaner fish, it should complement well with side dishes that have bolder, spicier flavors such as Cajun rice and sweet flavors.

HANDLING/PREPARATION

THAWING: Standard Thaw: Remove desired Mahi Mahi portions, cut plastic wrapper to break the vacuum seal and place in the refrigerator overnight. Quick Thaw: Leave Mahi Mahi portions in vacuum-sealed bags and place under cool running water for approximately 20-30 minutes.

COOKING SUGGESTIONS

BAKE: Coat portions with a light seasoning, cover pan with foil and bake at 375°F for approximately 15-20 minutes until Mahi Mahi easily flakes when tested with a fork.

GRILLING: Preheat grill to medium high heat. Rub grill with oil to prohibit sticking. Cook thawed Mahi Mahi portions for approximately 4-5 minutes per side, or until cooked all the way through.

BROILING: Season Mahi Mahi portions and place under a medium broiler for approximately 15 minutes or until Mahi Mahi easily flakes apart with a fork.

POACH: In a large skillet, combine white wine, lime juice and dill. Bring to a boil over high heat. Add Mahi Mahi portions and reduce heat to medium; cook, covered 10 minutes per inch of thickness of portions.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 85, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 73mg, Sodium 88mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 18g.



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