

ABOUT

Mahimahi is the Hawaiian name for dolphinfish. The Hawaiian moniker came into common use to prevent consumers from confusing this fish with the marine mammal, to which it is unrelated. The alternative name of dolphin-fish came about from the fish's habit of swimming ahead of sailing ships, as dolphins do. Mahimahi is one of the most beautiful fish in the ocean because of its rich, iridescent colors. The back is an electric greenish blue, the lower body is gold or sparkling silver, and the sides have a mixture of dark and light spots. Although most people associate mahimahi with Hawaii, it is found in tropical and sub-tropical waters around the globe. Initially, mahimahi was a bycatch of the tuna and swordfish fisheries. Today, a directed longline fishery targets mahi. "Clipper" is a term used to denote the highest-quality mahimahi, usually frozen at sea. Occasionally, mahimahi reach 50 pounds, but 5 pounds is the average market weight.

PRODUCT PROFILE

Mahimahi has a sweet, mildly pronounced flavor similar to swordfish. The lean meat is fairly firm in texture, though not steak-like, and it has large, moist flakes. Darker portions of meat can be trimmed away for milder flavor. The raw flesh is pinkish to grayish-white, though dark along the lateral line. Cooked, the meat becomes off-white.

COOKING TIPS

Mahi performs well on the grill. Though it is not an oily fish, the meat remains nicely moist and can hold up even to blackening. Mahi has a thick skin that should be removed before cooking.



NUTRITION FACTS

Calories	100
Fat Calories	10 g.
Total Fat	1 g.
Saturated Fat	0 g.
Cholesterol	80 mg.
Sodium	100 mg.
Protein	22 g.
Omega 3	0.11 g.

PRIMARY PRODUCT FORMS

Fresh: Whole, H&G, Fillets

Frozen: Fillets

Value-added: Portions, Smoked

GLOBAL SUPPLY

Brazil, Costa Rica, Ecuador, Peru, United States

COOKING METHODS

✓ Bake ☐ Boil ✓ Broil ✓ Fry ✓ Grill
☐ Pate ☐ Poach ✓ Saute ☐ Smoke ☐ Steam