

# Mahimahi (*Coryphaena hippurus*)



## COMMON NAMES

Dolphinfish, Dorado

## SEASONAL AVAILABILITY

Year-Round

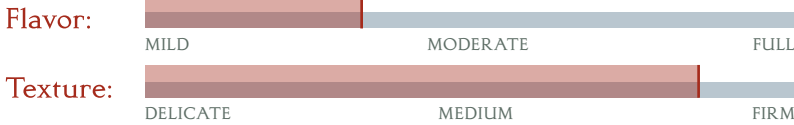
## PRIMARY PRODUCT FORMS

**Fresh:** Whole, H&G, Fillets

**Frozen:** Fillets

**Value-Added:** Portions, Smoke

## PRODUCT PROFILE



## 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.

## COOKING METHODS

- |   |   |                                |
|---|---|--------------------------------|
| <input checked="" type="checkbox"/> BAKE  | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH            | <input type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY   | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL  |

## DID YOU KNOW...

Mahimahi is actually Hawaiian for “dolphinfish,” a moniker derived from the fish’s habit of swimming ahead of sailing ships? The iridescent greenish-blue back and gold or silver body make the mahimahi one of the most beautiful fish to swim in the sea. The mahimahi used to be simply a “bonus catch” from purposeful fishing of tuna and swordfish. Nowadays, it is solely pursued by longline fisheries in tropical and subtropical waters around the world. Its average market weight is five pounds, though it can reach up to 50 pounds.

## GLOBAL SUPPLY



 FARMED  
 WILD

Brazil, Costa Rica, Ecuador, Peru, United States

## NUTRITIONAL FACTS

Serving size: 100g/3.5 oz.  
AMOUNT PER SERVING

Calories	89
Fat Calories	8
Total Fat	0.9 g
Saturated Fat	0.3 g
Cholesterol	86 mg
Sodium	128 mg
Protein	18.9 g
Omega-3	N/A

*If it swims we have it.*

SEATTLE FISH CO<sup>EST. 1996</sup>

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