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Mahi Mahi



Although not related to dolphins, Mahi Mahi (*Coryphaena hippurus*) was originally marketed under the name "Dolphin Fish". The name caused widespread consumer concern and confusion, so the "Dolphin Fish" was renamed Mahi Mahi and consumer acceptance and commercial sales began to increase. Mahi Mahi is one of the fastest swimming fish in the ocean, traveling most often on its own. They are also known to grow very quickly (averaging five pounds per month) but their lifespan is typically only three to four years. Some say Mahi Mahi is one of the most beautiful fish in the ocean because of its iridescent colors.

Monterey Bay Aquarium Seafood WATCH® rates Mahi Mahi caught by handline and troll/pole in the US Atlantic is rated a "Best Choice" due to healthy populations, moderately well managed fisheries and minimal habitat impacts. Longline caught mahi from Ecuador, Hawaii, the US Atlantic and Gulf of Mexico as well as troll/pole caught from Hawaii and unassociated purse seine caught from the East Pacific are rated "Good Alternative" due to having less bycatch. Longline caught Mahi from the Atlantic, Coasta Rica, Peru, Guatemala, Indonesia, Pacific, Panama and Taiwan are rated as "Avoid." Purse seine caught from the Atlantic as well as floating object purse seine caught from the East Pacific are also "Avoid."

Sources



Species Name

Coryphaena hippurus



Source

Mahi Mahi is most often associated with Hawaii, but is actually found worldwide in tropical and subtropical waters.



Seasonality

Supply of Mahi Mahi is available year round in fresh and frozen forms. Heaviest landings occur in spring and summer.



Fishing Method

Nearly all Mahi Mahi comes from commercial wild marine fisheries caught by trolling, and to a lesser extent by pole and line, and long line fishing. Mahi Mahi is also a highly prized recreational fishery.

Features



Flavor

Mahi Mahi offers a firm yet tender large moist flake. The slightly sweet full flavor is pleasing to nearly all palettes.



Dietary Information

Mahi Mahi is an excellent source of Selenium, Niacin, and Vitamin B6.

Serving Size (3.5oz 100g) raw edible portion:

Calories 85

Total Fat 0.7g

Saturated Fat 0.2g

Sodium 88 mg

Protein 18.5g

Potassium 416 mg



Appearance

The flesh is smooth and firm with a creamy white to pink color tone. Fresh Mahi Mahi has a small yet defined blood line running the entire length of the fillet which should have a red to maroon color.



Form

Mahi Mahi is sold fresh and frozen in a variety of product forms. Headed and Guttled, Skin On or off Fillets, and portion controlled.

Uses



Preparation

Mahi Mahi can be used in almost any type of recipe. Grilling and broiling are popular options, but it is also delicious when steamed, sautéed and baked. Mahi Mahi is delicious in raw form and is often used for sashimi.



Substitution

King Mackerel, Ono, Pompano, and Striped Bass are all common substitutions for Mahi Mahi.



Handling

Fresh Mahi Mahi should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Mahi Mahi fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.



Serving

Mahi Mahi can be prepared a number of ways, but the key is not to overcook it. Whichever cooking method is used, the fish will be cooked when its flesh becomes opaque and the inside is still moist. The strong flavor of Mahi Mahi does not require many additional spices or seasonings; a light coat of lemon or garlic butter is recommended.

Market



Sizes and Cuts

Fillet sizes will vary, but Mahi Mahi is often available in three to four pound fillets. Whole fish can range anywhere from 10 to 40 pounds.



Pricing Scale

Mahi Mahi prices can fluctuate greatly during the year. However, even during heavy landing periods the demand of Mahi Mahi often exceeds its supply.



Shelf Life

Fresh whole Mahi Mahi which has been handled and stored properly should retain optimum quality for 4-5 days. Once the fish is filleted product should be used within 2-3 days.

Frozen can be commercially stored for up to one year.

Market Names
US English - Mahi Mahi, Mahi, Dolphin Fish Spanish - Dorado
Where Caught
Mahi Mahi is commercially caught worldwide in tropical and sub-tropical waters.
How Caught
Commercial wild capture fisheries primarily use longlines and hook-and-line gear to catch Mahi Mahi. There is some concern about bycatch from longlining as other marine mammals get caught or entangled. Fisheries using hook-and-line gear (such as troll, pole-and-line, or handline), catch little to no bycatch and are more sustainable.

