



Mahi Mahi

description

Mahi Mahi may grow up to 50 pounds although market size averages between 10-20 pounds. This species is green along the dorsal surface and bright yellow along the ventral surface. Cooked meat is white.

alternatives

An alternative to mahi mahi is wahoo.

source

Mahi mahi is predominantly found in tropical and subtropical waters around the world. Japan and Taiwan are major producers of frozen mahi. The US and Latin America are primary suppliers of fresh mahi to the US market.

harvest method

Most Mahi Mahi are caught by longliners while a small amount are harvested by gillnetters.

harvest season

Mahi mahi is available from Costa Rica from October to February.

appearance

This species is green along the dorsal surface and bright yellow along the ventral surface. Cooked meat is white.

flavor

Relatively mild, yet sweet, juicy and firm. When dark portions are removed, the taste is milder.

texture

Firm with large, moist flake.

preparation

Mahi Mahi is best when it is baked, broiled, blackened, sautéed, or grilled.

market segments

Mahi Mahi is appropriate for casual dining, fine dining, hotels, and resort/clubs.

nutritional facts

3.5 oz (100g) raw edible portion

Calories 89; calories from fat 8; total fat 0.9g/1%; saturated fat 0.3g; cholesterol 86mg/29%; sodium 128mg/5%; carbohydrates 0g/0%; protein 18.9g; potassium 370mg.