

Mahimahi

Scientific name: *Coryphaena hippurus*
Market name: *Mahimahi*
Common names: *Dolphinfish, dorado*



The Mahimahi Story

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 dolphinfish 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

subtropical 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.

FLAVOR



TEXTURE



Primary Product Forms

Fresh
Whole
H&G
Fillets

Frozen
Fillets

Value-added
Portions
Smoked

You Should Know...

Poorly handled mahimahi can produce histamine, an organic substance that results in scombroid poisoning if

eaten. Keep mahi properly refrigerated and buy only from reputable vendors.

Cooking Tips & Methods

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.

- Bake Poach
- Broil Sauté
- Fry Smoke
- Grill Steam

Substitutions *Grouper, Snapper*

Nutrition Facts

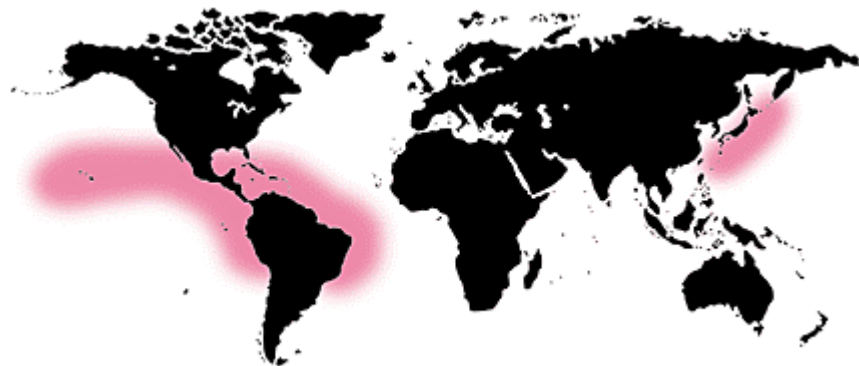
SERVING SIZE:
100G/3.5 OZ. (raw)

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

GLOBAL SUPPLY

- Brazil
- Costa Rica
- Ecuador
- Japan
- Peru
- United States



- Farmed
- Wild
- Farmed and Wild

SEASONAL AVAILABILITY

Fresh ■

Froz. ■

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Peak seasons for fresh mahimahi vary by location, but abundance is generally greatest in late spring and summer.											

Fresh Mahi Fillets 10-12 oz. Skin-on	242020	1/10 lb. Avg.
"Phillips" Mahi Mahi Fillets 8 oz. Sknls Frozen	246889	1/10 lb.