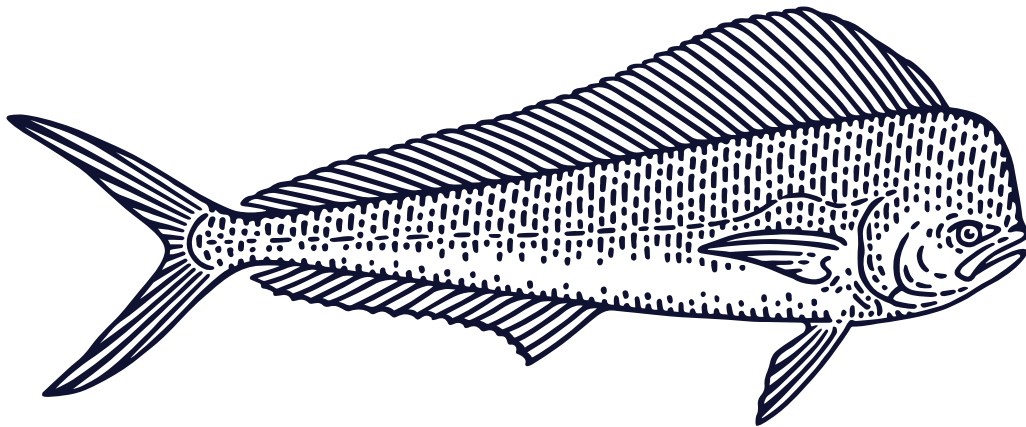




# SUPERIOR

## CATCH OF THE WEEK



# MAHI MAHI

*Coryphaena hippurus*

**Description:** Mahimahi are highly sought for sport fishing and commercial purposes. They are brightly colored back is an electric greenish blue, lower body is gold or sparkling silver, and sides have a mixture of dark and lights spots.

**Habitat:** Pacific mahimahi live near the surface in tropical and subtropical waters around the world. **They swim together in schools as juveniles, but older fish are usually found alone.**

**Harvesting:** Most of the U.S. commercial harvest of Pacific mahimahi comes from Hawaii. They are available year-round.

### Nutritionals:

- Good source of Omega-3
- Vitamins including niacin, B6 and B12
- Protein and potassium rich
- Great source of phosphorus and selenium (antioxidant for heart and immune health)

### Texture & Flavor Profile:

- Sweet mild flavor
- Lean and fairly firm
- Large moist flakes
- Pinkish to grayish raw flesh

**Recommended Cooking Methods:** Grilling, Baking, Pan-searing, Broiling, Deep-frying, Sushi



# SUPERIOR

## FEATURED PRODUCT



## MAHI MAHI FILLETS

*Fresh, Hand-Cut, Wild Caught, Skin-On, 1-3 lb.  
Product of Panama*

**#63260** 1/10 lb.

**#63272** 1/5 lb.

*Contact your Superior sales representative for more  
information and for availability.*

# MENU INSPIRATIONS



### MAHI MAHI TACOS

adobo-rubbed mahi grilled and topped with pico slaw  
and cilantro crema on hand-made corn tortillas

*Pairs well with a crisp Mexican lager*



### SWEET CORN MAHI MAHI

baked mahi served on a masa cake with a buttery  
sweet corn purée, tangy corn salad, and sour cream

*Pairs well with a California Chardonnay*