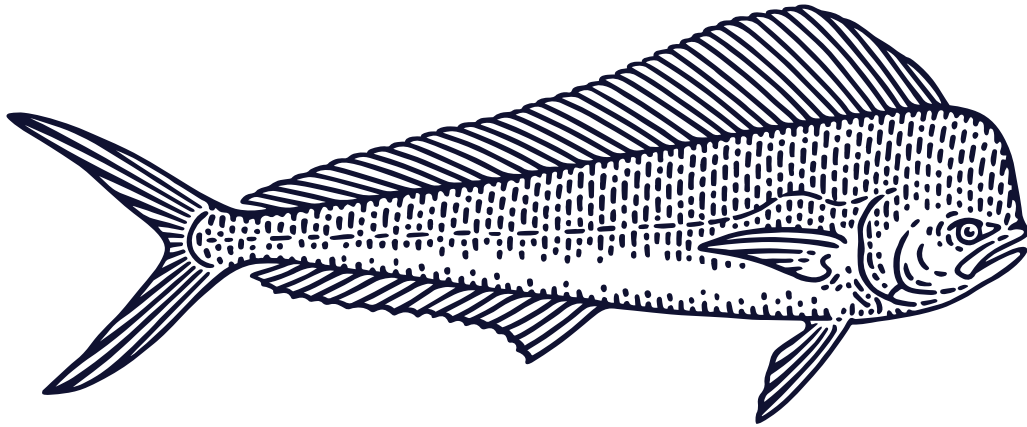




SUPERIOR

CATCH OF THE WEEK



MAHI MAHI

Coryphaena hippurus

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

Habitat: Pacific mahi mahi 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 mahi mahi 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

*Wild-Caught, Fresh, Hand-cut, 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