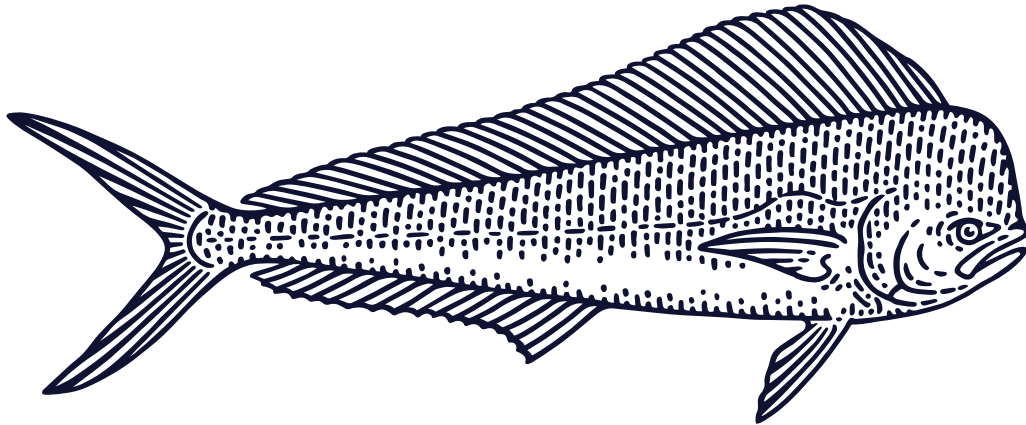




# SUPERIOR

## 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



#63260

## MAHI MAHI FILLETS

*Fresh, Wild-Caught, Skin-On, Boneless, 1.5-3 lb.  
Product of Sri Lanka*

1/10 lb.

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

# MENU INSPIRATIONS



Recipe & Photo from [www.cookingwithwineblog.com](http://www.cookingwithwineblog.com)

### COCONUT CRUSTED MAHI MAHI

with pineapple beer butter sauce, wilted spinach,  
bean & rice, fried plantains, and micro cilantro

*Pairs well with a spicy Saison*



Recipe & Photo from [www.foodandwine.com](http://www.foodandwine.com)

### GRILLED MAHI MAHI

with lemongrass-lime aioli

*Pairs with a citrus-forward Albariño*