



FISHWATCH

FRESH FACTS. SMART SEAFOOD.

MAHI-MAHI



The biology of dolphinfish (a.k.a. mahi-mahi or dorado) suggests that the species can tolerate a relatively high rate of harvest. Scientists estimate that the Pacific population is abundant and harvested at a sustainable rate.

In the Pacific, mahi-mahi is a transboundary resource. To fully understand and manage impacts to the resource across its range, the United States is party to Regional Fisheries Management Organizations which include other nations that also fish this resource. Catch trends in the Pacific have indicated that specific regulations for mahi-mahi are not yet necessary. However, some measures are in place to reduce the bycatch of this species in other fisheries.

Mahi-mahi is low in saturated fat and is a good source of vitamin B12, phosphorus, and potassium and a very good source of protein, niacin, vitamin B6, and selenium.

Dolphinfish is not related to dolphin the mammal. Dolphinfish is called mahi-mahi or dorado in the Pacific. You'll see dolphinfish sold under these names at the market and restaurants.

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POWERED BY TRAKOR

ASIAN MAHI-MAHI MARINADE

Ingredients:

4 mahi-mahi fillets
1/4 cup olive oil
2 tablespoons sesame oil
2 tablespoons soy sauce
2 teaspoons rice wine vinegar
2 teaspoons chopped garlic
1/8 teaspoon black pepper
1/8 teaspoon red pepper flakes
Juice from 1 lime

Mix ingredients and marinate fish for at least 1 hour (up to 4 hours) before cooking. Broil 5 to 6 inches from heat on a greased broiler rack, turning halfway through cooking, allowing 10 minutes for each 1-inch thickness of fillets.

