

## Seafood Safe Handling Tips

- Purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Marinate seafood in the refrigerator and discard any used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw seafood.

## Buying and Storing Tips

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh mahi-mahi in the coldest part of refrigerator at 32° F for up to 2 days.
- To freeze, wrap mahi-mahi tightly to prevent freezer burn; date the package and store at 0° F for up to 2 months. Thaw in the refrigerator or under cold running water.

## How Much to Buy

- Fillets or steaks 1/4 to 1/3 pound per serving
- Whole or drawn fish 3/4 to 1 pound per serving
- Dressed whole fish 1/2 pound per serving

## Cooking Tips

- Mahi fillets have a deep pink center stripe that darkens when cooked. Trim before cooking to maintain the light color of fillet.
- Cook fish at 400° F. for 10 minutes per inch of thickness of the fillet or steak.
- Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not overcook.
- Use a grill basket or keep the skin on to prevent the meat from falling through the grill.

## Mahi-Mahi

Florida mahi-mahi (*Cotyphaena hippurus*) is a brilliantly colored fish with an iridescent blue-green and gold body and golden yellow fins and tail. It is also known as dolphin or dorado. The Hawaiian name, mahi-mahi, means “strong-strong” referring to mahi-mahi as one of the fastest swimming fish in the sea. Mahi-mahi prefers the warm tropical waters found along the Gulf Coast of Florida. It feeds off shore on small fish, shrimp, squid and crabs.

**Characteristics:** The extra lean dark meat is firm textured with solid flake and moist with a mild, slightly sweet flavor.

**Substitutes:** Amberjack, grouper, pompano, and tuna.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 100, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Sodium 100mg, Total Carbohydrates 0g, Protein 22g, Omega 3 Fatty Acid 0.11g.



Mahi-Mahi with Lime Ginger

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.



Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood information, recipes, and brochures can be found at [www.FL-Seafood.com](http://www.FL-Seafood.com).



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*Mahi-Mahi*



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## Coconut Crusted Ma- hi-Mahi in Thai Curry Sauce

- 7 ounces coconut, shredded
- 1/2 cup rice flour
- 2 large Florida eggs
- 1/2 cup water
- 4 8-ounce fillets Florida mahi-mahi
- 1/4 cup rice flour (for dredging)
- 1/4 cup olive oil
- 1 teaspoon red Thai curry
- 1 cup coconut milk
- 1 tablespoon Florida honey
- 2 leaves fresh Florida basil, finely chopped

In a small bowl, mix shredded coconut with 1/2 cup rice flour. In another bowl, make an egg wash with eggs and water. Dredge fillets in 1/4 cup rice

flour and dip in egg wash. Dip fillets in coconut/flour mixture. Sauté fillets in oil over medium high heat until fork tender, browning both sides. Remove fillets and set aside. In same pan add the Thai curry, coconut milk and honey. Simmer over high heat until reduced by 1/2. To finish sauce, add basil to taste. Return fillets to pan and spoon sauce to cover. Serve with steamed jasmine rice. Yield: 4 servings

Nutritional Value Per Serving: Calories 631, Calories From Fat 410, Total Fat 46 g, Saturated Fat 30g, Trans Fatty Acid 0, Cholesterol 105mg, Total Carbohydrates 50g, Protein 9g, Omega 3 Fatty Acid 0.14g

## Florida Mahi-Mahi Tacos

- 16 corn tortillas
- 1/2 cup fresh Florida cilantro, chopped
- 3 tablespoons hot pepper sauce
- 1 teaspoon kosher salt
- 1 tablespoon fresh Florida lime juice
- 2 pounds skinless Florida mahi-mahi, cut into 5 - 7 ounce fillets
- vegetable oil (for frying)
- Florida lettuce, shredded
- fresh salsa
- guacamole

Wrap tortillas in foil and warm in 300° F oven.

For marinade, combine cilantro, pepper sauce, salt and lime juice in large bowl. Add fillets and chill covered for 1 hour.

Remove fillets and discard marinade. Grill or sauté fillets for 4 to 5 minutes per side until cooked through. On a platter, separate fillets with a fork into bite size pieces. Fill center of tortilla with fish pieces; top with lettuce, fresh salsa and guacamole. Fold into a taco or roll tortilla into a wrap and serve.

Yield: 6 to 8 servings

Nutritional Value Per Serving: Calories 98, Calories From Fat 7, Total Fat 0.82g, Saturated Fat 0.22g, Trans Fatty Acid 0, Cholesterol 83mg, Total Carbohydrates 0.29g, Protein 21g, Omega 3 Fatty Acid 0.13g



## Southern Fried Mahi-Mahi Sandwiches



- 2 large Florida eggs
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 cup all-purpose flour
- salt and pepper to taste
- 1 cup cornmeal
- 4 5-ounce mahi-mahi fillets
- 1 cup vegetable oil
- 4 soft sandwich rolls, split
- Florida leaf lettuce
- 2 Florida tomatoes, sliced thin

Beat together eggs, salt and cayenne in a shallow dish. Mix flour, salt and pepper in a shallow dish; place cornmeal in separate dish. Coat fillets in seasoned flour; dip in egg wash and then into cornmeal to coat. In a deep fry pan, cook the fillets in oil at 375° F for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes. Yield: 4 Servings

Nutritional Value Per Serving: Calories 314, Calories From Fat 59, Total Fat 7g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 127mg, Total Carbohydrates 34g, Protein 28g, Omega 3 Fatty Acid 0.12g

## Herb-Seared Mahi-Mahi

- 4 5 to 7-ounce Florida mahi-mahi fillets
- salt and pepper to taste
- 1 bunch Florida flat leaf parsley, finely chopped
- 1 sprig fresh Florida rosemary, finely chopped
- 1 small bunch fresh Florida thyme, finely chopped
- 2 tablespoons olive oil

Season fillets with salt and pepper. Mix together chopped herbs and press onto tops of fillets. Heat oil in a large sauté pan on medium-high heat; add fillets herb-side down. Sauté for 3 to 5 minutes on each side until cooked through.

Yield: 4 servings

Nutritional Value Per Serving: Calories 238, Calories From Fat 171, Total Fat 9g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 149mg, Total Carbohydrates 0g, Protein 38, Omega 3 Fatty Acid 0.13g

