

Mahimahi

Mahimahi has a sweet, mildly pronounced flavor similar to swordfish. The lean meat is fairly firm in texture, though not steak-like, and it has large, moist flakes. Darker portions of meat can be trimmed away for milder flavor. The raw flesh is pinkish to grayish-white, though dark along the lateral line. Cooked, the meat becomes off-white.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Grill, Sauté
Texture	Medium/Firm
Flavor	Mild/Moderate
Availability	December - July
Scientific Name	Coryphaena hippurus
Location	Brazil, Costa Rica, Ecuador, Peru, United States