

Seafood Safe Handling Tips

- When shopping, 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.
- Always marinate seafood in the refrigerator. Discard 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 the refrigerator at 32 degrees for up to two days.
- To freeze, wrap mahi-mahi tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.

How Much to Buy

- Fillets or steaks $\frac{1}{4}$ to $\frac{1}{3}$ pound per serving
- Whole or drawn fish $\frac{3}{4}$ to 1 pound per serving
- Dressed whole fish $\frac{1}{2}$ 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 degrees 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, 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, 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.

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 0g, Cholesterol 80mg, Sodium 100mg, Total Carbohydrates 0g, Protein 22g, Omega 3 Fatty Acid 0.11g.

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 at (850) 617-7280.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.

FreshFromFlorida.com/Seafood



Mahi-Mahi



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Char-Grilled Florida Mahi-Mahi with Vegetables

Ingredients

- 4 6-ounce mahi-mahi fillets
- 16 Fresh okras
- 2 Zucchini, sliced into 1/4-inch rounds
- 2 Large yellow squash, sliced into 1/4-inch rounds
- 2 Bell peppers, sliced large
- 1 1/2 Tablespoons olive oil
- 12 Grape tomatoes, for garnish
- 1 Teaspoon seasoning blend (your favorite)

Preparation

Preheat charcoal or gas grill to medium-high. Add all the vegetables to a large mixing bowl. Add the olive oil and seasoning blend to the sliced vegetables and mix lightly until coated. Lightly season the mahi-mahi fillets with salt and pepper. Carefully place the seasoned vegetables and fish on the hot grill. The vegetables should cook rather quickly; keep checking the underside of the vegetables for grill marks. Flip over the vegetables and continue to work the grilling surface by moving the vegetables around to the hot spot for even cooking. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. The vegetables should have nice char-grill marks on them and the texture should be crisp-tender. Remove the vegetables from the grill as they become your desired doneness. To serve, arrange an even amount of grilled vegetables on each plate. Add a fish fillet on top of the grilled vegetables. Garnish with grape tomatoes and fresh herbs.

Yield

4 servings

Southern-Fried Florida Mahi-Mahi Sandwiches

Ingredients

- 2 Eggs, large
- 1/2 Teaspoon salt
- 1/4 Teaspoon cayenne pepper
- 1 Cup all-purpose flour
- Sea salt and fresh ground pepper to taste
- 1 Cup cornmeal
- 4 5-ounce mahi-mahi fillets
- 1 Cup vegetable oil
- 8 Soft sandwich rolls, split
- Leaf lettuce
- 2 Tomatoes, sliced thin

Preparation

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 degrees 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

Grilled Ginger Florida Mahi-Mahi with Tropical Fruit Salsa

Ingredients

- 4 6-to-8-ounce mahi-mahi fillets
- 3 Tablespoons unsalted butter
- 6 Shallots, minced
- 4 Slices fresh ginger, unpeeled, minced
- 1 Clove garlic, minced
- Fresh ground black pepper to taste

Preparation

Preheat grill or broiler. Arrange fillets in grilling basket or on broiler pan coated with nonstick cooking spray; set aside. In a small skillet, melt butter over medium heat and add minced shallots, ginger and garlic. Cook 8 to 10 minutes until golden. Remove skillet from heat. Reserve 1/2 of the ginger-shallot-garlic mixture; set aside. Brush fillets with remaining ginger garlic mixture. Grill or broil fillets 4 to 5 inches from heat for 6 minutes or until cooked through, turning once. Transfer fillets to plates and drizzle with reserved shallot-ginger garlic butter.

Yield

4 servings