

Mahimahi



LIFE HISTORY INFORMATION AND HAWAI'I STATE RECORD

Dolphinfish / Dorado • mahimahi *Corphaena spp.*

Life span - 5 yrs. • Sexually mature at 4-5 months, 17-21 in. • Thought to spawn every 2-3 days, releasing between 33,000-66,000 eggs in each spawning event. • Congregate around large floating objects such as logs and other marine debris.

HAWAI'I STATE RECORD: 82 lbs by Kathy Hunter

FISHERY INFORMATION

Caught in the longline commercial fishery (non-target species) and by trolling.

LOCAL KNOWLEDGE

Mahimahi are available most of the year, with a peak in March to May and September to November. While it is known around the world, Hawai'i mahimahi are the bestest!

CURRENT REGULATIONS

FEDERAL: Monitored, but no annual catch limit

COUNCIL MANAGEMENT

In 1991, the Main Hawaiian Islands Longline Fishing Prohibited Area was created to reduce gear conflicts between the longline and troll/handline fishermen.



STOCK STATUS

Not overfished; not experiencing overfishing



Pan-Roasted Mahimahi with Ginger Garlic Shoyu

MAKES 6 SERVINGS

INGREDIENTS

1/8 cup shoyu (*soy sauce*), low sodium
2 tbsp sugar
2 tbsp vegetable oil
4 cloves garlic, crushed
2 in fresh ginger, sliced and crushed
2 lbs fish fillets (*mahimahi, onaga, ono, or wahoo*)
4 stalks green onions, sliced
4 stalks cilantro sprigs

DIRECTIONS

1. Combine shoyu and sugar and mix until sugar dissolves. Set aside.
2. Preheat a large skillet on medium-high heat. Add oil, garlic, and ginger. Sauté until golden.
3. Add the fillets and brown quickly on both sides.
4. Pour in shoyu mixture and cover pan tightly. Reduce heat to low and simmer for 4 to 5 minutes, or until desired doneness.
5. To serve, discard garlic and ginger and place on platter. Sprinkle with green onions and garnish with cilantro.



*Recipe, Photo and Front Bottom
Photo Courtesy Kapi'olani Community
College Culinary Arts Department*

Front Top Photo: Shutterstock



Western Pacific Regional
Fishery Management Council

1164 Bishop St., Suite 1400, Honolulu, HI 96813

PHONE: (808) 522-8220
EMAIL: info@wpcouncil.org
WEB: www.wpcouncil.org

Published in the United States by the Western
Pacific Regional Fishery Management Council
under NOAA Award NA20NMF4410013.
ISBN 978-1-950193-02-8