

Exotic Fish

Albacore Tuna: firm flavorful meat

Preparations: grilled, baked, broiled, and sautéed.

Origins: Western Coast of U.S., Hawaii, South Pacific

Mahi Mahi: It has a sweet, mild flavor. The meat is very tender, white and lean, and yields large, moist flakes after cooking.

Preparation: Baked, broiled, blackened, sautéed, grilled. It is also used in chowders and stews.

Origins: Mahi Mahi are harvested off the coasts of Hawaii and Florida as elsewhere in the area of the Gulf Stream, and from Southern California to South America.

Blue Marlin: Its meat is firm and flavorful and has less fat than swordfish (and, therefore, is more prone to drying out if overcooked).

Origins: Atlantic Ocean

Preparation: Grilled, smoked, baked, broiled.