

Mahi-Mahi Filet



PHOTO NOT AVAILABLE

Nutritional Facts for 100 g

KJ	
Kcal	76
Proteins	16 g
Carbohydrates	0 g
Lipids	1 g
Ash	g

Presentation :

1 kg IQF bag
IQF in bulk 5, 10 & 12 kg
Master carton 5, 10, 12 kg

Utilization :

Catering,

Product Nature :

Wild caught

Fishing area :

Pacific Ocean
Zone FAO 87

Approval :

CEE P027-PAI-AMCN
FDA 14725322172
ARCOPA (Paita - PERU)




Paita
Lima
Arequipa

Coryphæna Hippurus
Peru

Characteristics :

- Skin on or skin less
- 90 –120 g
- 130 g (+/- 10 g)
- 150 g (+/- 10 g)

Shelf Life :

	24 H	Refrigerator
	3 j	Ice-making compartment
	Freezer at - 18 °C (See use-by date)	

Mahi-Mahi fillet cooked in tinfoil:

- * 4 mahi-mahi fillets
- * 5 cl olive oil
- * Salt, white pepper
- * 1 green Papaya, 1 Carrot,
- 2 Onions, 1 Turnip, 1 Zucchini
- * "Beurre Blanc" sauce

Tinfoil :
Oil the foil, salt and peeper, put the julienne and the fish. Season, close the tinfoil. Bake them 10 min - 120° (T 6).

Arrange the fillets cooked in tinfoil on the plates, with the sauce separately.

Recipe Idea