



Grilled Mahi-Mahi Wrapped in Banana Leaves

Florida Seafood at Your Fingertips **LIVE!**

Serving Size: The ingredients below will yield 4 servings of grilled mahi-mahi, though the number of servings depends on the size of the fish filets that you use.

Mahi-mahi is lean and firm in texture and can be used in many different recipes. However, due to its high moisture content, I like to grill it wrapped in banana leaves. Mahi-Mahi is also a very healthy food choice, good source of protein (about 32 per 6 oz of fish), low in saturated fat and a good source of vitamin B12, phosphorus, and potassium.

You will want to set up your grill for medium-high heat, which is about 400F degrees (205C). If you are using a charcoal grill, it will take 10 to 15 minutes to achieve this temperature. Coals should be glowing bright orange with a faint layer of ash.

Ingredients:

- 4** small fish fillets about 8 oz each
- 1 tbsp** lime juice
- ¼ cup** orange juice
- ¼ cup** white vinegar
- ½ tbsp** coarse salt
- ½ cup** achiote paste (paste of annatto seeds)
- ½ tbsp** black pepper
- 2 or 3** limes
- 2 cloves** garlic, *chopped*
- Mexican oregano (dry or fresh leaves)
- About 4** Banana leaves (one foot by one foot)
- Wooden toothpicks, (six inches or longer)

Instructions:

- 1.** Set up the grill for medium-high heat (400F or 205C).

For the marinade:


- 2.** In a bowl, combine achiote paste with white vinegar, lime and orange juice, coarse salt, garlic, Mexican oregano, and black pepper. Set aside.

For the fish:

- 3.** Make sure that your fish is dry. If it isn't, use paper towels to pat it dry. Place the fish in the bowl with the marinade, and let it rest from 15 minutes to one hour.

For the banana leaves:

- 4.** Clean them well with a wet rag if the leaves are from your garden. If you bought them at the store, they are probably ready to use. If leaves are fresh, please tune in so you can learn how to prepare them so they will not break once you wrap your fish in them.
 - A whole banana leaf was enough to obtain 4 pieces (one foot by one foot) to wrap the mahi-mahi.
 - You will use the wooden toothpicks to secure the banana leaf.

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When ready to grill:

5. Remove fish from the marinade. Place each piece of fish on a piece of banana leaf then add a lime wheel and a few leaves of Mexican oregano on top. Wrap the fish in the leaf and secure with a wooden toothpick by weaving it through the ends. Grill the leaf-wrapped fish for about 10 to 15 minutes. Make sure the side with the toothpick is facing up, it makes the handling of the wrapped fish easier, prevents the toothpick from burning (in case your grill temperature is too hot), and prevents potentially losing some mahi-mahi into your coals.

To serve:

6. Serve the fish in the banana leaf or unwrapped along with white rice and a salad.

Regulations:

In Gulf State Waters there is not a minimum size limit, but there is for Atlantic Sate Waters. The minimum size limit in the Atlantic is 20" fork length. Daily bag limit for both areas is: 10 fish per person or 60 per vessel, whichever is less.

For more information:

Watch this and other seafood cooking demonstrations at www.flseagrant.org/seafood/seafoodatyourfingertips.

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