

Safe Handling Tips

- Purchase meat last and keep it cold during the trip home.
- Keep raw and cooked alligator meat separate to prevent bacterial cross-contamination.
- After handling raw meat, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Always marinate meat in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw meat.

Buying and Storing Tips

- Alligator meat is usually purchased as frozen pieces or fillets.
- Meat should be firm with a fresh aroma and no discoloration.
- Store thawed alligator meat in the coldest part of refrigerator at 32° F for up to two days.
- To freeze, wrap meat tightly to prevent freezer burn; date the package and store at 0° F for up to 6 months. Thaw in the refrigerator overnight.

Cooking Tips

- For extra tenderness, use a meat mallet to tenderize fillets and flatten meat to desired thickness.
- Alligator meat can be chopped fine or ground to make patties, sausage or taco filling.
- Cook using either a short cooking time with high heat, i.e. searing, pan frying and deep frying or a long, slow method such as simmering in a sauce, stewing or braising.
- Alligator can be used in jambalayas, soups and stews.
- Alligator meat's mild flavor is easily enhanced with seasonings, sauces and marinades.
- Chicken, pork, veal and fish recipes can be successfully prepared with alligator meat.

Alligator

Alligator is an exotic meat from Florida and is favored in cuisines around the world. American alligators are not an endangered species. Successful management by farmers and regulators resulted in them being removed from the endangered list in 1987. Mild-flavored alligator meat is versatile and can be easily substituted in most recipes for chicken, veal or fish.

Alligator is a lean meat that is low in fat and cholesterol and high in protein. It is available in a variety of cuts including tail meat fillets, ribs, nuggets and wings. Tail meat, the choicest cut, is a mild-flavored white meat and has a texture similar to veal. The ribs, nuggets and wings are darker meat with a stronger taste and texture similar to pork shoulder. Alligator meat is commonly purchased frozen but can also be obtained fresh.

Characteristics- The extra lean white meat is firm with a fine, light-grained texture and mild flavor. The darker meat has a texture similar to pork shoulder and stronger flavor.

Substitute Species - Chicken, pork, veal or fish.

Nutritional Value Per Serving: For approximately 3.2 ounces (100 grams) of raw, edible portion: Calories 232, Calories From Fat 38, Total Fat 4g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 0g, Protein 46g, Omega 3 Fatty Acid 0g.

How Much to Buy

Fillets	1/4 to 1/3 pound per serving
Ribs	3/4 to 1 pound per serving
Wings	4 to 6 per serving
Nuggets	1/4 to 1/3 pound per serving



Gator Won Tons with Teriyaki Sauce



Florida's alligator industry is dedicated to supplying wholesome, nourishing and affordable alligator products. Florida alligator recipes and source information can be found at www.FL-Seafood.com.



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DACS-P-01415
Rev. 11-2007

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Recipes

Alligator



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Citrus Glazed Gator Ribs

- 1 cup Florida orange juice
- 1/3 cup Florida key lime juice
- 1/3 cup Florida lemon juice
- 2 tablespoons olive oil
- 5 Florida garlic cloves, chopped fine
- 4 fresh Florida thyme leaves, chopped
- 4 fresh Florida oregano leaves, chopped
- 1 teaspoon ground cumin
- 1 tablespoon orange zest
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 pounds Florida alligator ribs

Citrus Glaze

- 1 cup Florida orange juice
- 4 teaspoons Florida lemon juice
- 1 cup orange marmalade
- salt and pepper to taste
- 1/2 cup sweet butter

Prepare a citrus marinade by combining all ingredients except alligator ribs in a glass bowl; blend thoroughly. Set aside 1/2 cup marinade for basting. Pour remaining marinade over ribs and thoroughly coat all pieces; refrigerate in covered bowl or sealed zipper type bag for 1 to 3 hours. Remove ribs from marinade and discard used marinade. Heat stove top grill or gas grill to medium heat. Grill ribs for 45 minutes or until tender, basting frequently with reserved 1/2 cup of marinade. Prepare Citrus Glaze while ribs are grilling by combining all glaze ingredients, except butter, and simmering for 15 minutes or until thickened. Add butter in small pieces; heat until butter is melted. Keep warm at low heat until ready to serve. Remove ribs from grill and baste with Citrus Glaze.

Yield: 4 servings

Nutritional Value Per Serving: Calories 639, Calories From Fat 150, Total Fat 17g, Saturated Fat 1g, Trans Fatty Acid 0g, Cholesterol 0mg, Total Carbohydrates 13 g, Protein 105g, Omega 3 Fatty Acid 0.10g

Gator Bites Sampler

- canola oil for frying
- 2 cups self-rising flour
- 4 tablespoons hot Everglades seasoning (or to taste)
- 2 pounds Florida alligator nuggets
- 1/3 cup bottled jerk sauce
- 1/3 cup bottled teriyaki sauce
- 1/3 cup bottled sweet and sour sauce

Heat the oil in deep fryer to 360° F. In a large bowl, combine the dry ingredients, mixing well. Add a small amount of alligator nuggets to the flour mixture; coat well. Remove and toss in a colander to remove excess flour. Deep fry the nuggets in small batches for 3 minutes or until golden brown; remove from hot oil and drain on absorbent paper. Divide cooked bites into three bowls; add one flavored sauce to each bowl. Toss to coat evenly.

Yield: 8 servings as an appetizer

Nutritional Value Per Serving: Calories 426 , Calories From Fat 46, Total Fat 5g, Saturated Fat 0g, Trans Fatty Acid 0g, Choleteol 0mg, Total Carbohydrates 37g, Protein 55g, Omega 3 Fatty Acid 0.00g



Grilled Gator Kabobs

- 1/2 cup Florida orange juice concentrate
- 1/4 cup Florida orange juice
- 2 tablespoons light soy sauce
- 2 tablespoons brown sugar
- 1 teaspoon cumin
- 1/4 teaspoon cayenne
- 1 pound Florida alligator meat, cut into 1-inch cubes
- assorted Florida vegetables or fruit, cubed

For the marinade, combine orange concentrate, orange juice, soy sauce, sugar and spices in a medium glass bowl. Reserve half for basting. Add alligator cubes; stir to coat well. Marinate for at least 15 minutes or up to 2 hours in the refrigerator for increased flavor. Soak wooden skewers in water for 10 minutes to prevent them from burning.

Thread marinated alligator cubes onto skewers, alternating with vegetable or fruit cubes. Heat the grill to high heat and grill kabobs for 6-8 minutes; turning once. Brush with extra marinade for the first 5 minutes. Discard any leftover marinade.

Yield: 4 servings

Nutritional Value Per Serving: Calories 352, Calories From Fat 45, Total Fat 5g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 0mg, Total Carbohydrates 21g, Protein 53g, Omega 3 Fatty Acid 0.00g

Alligator Scaloppini with Sauce Dijon

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 pound Florida alligator fillets, thinly sliced or pounded thin
- 2 tablespoons Florida shallots, finely chopped
- 1/4 cup brandy
- 1 10-ounce can cream of mushroom soup
- 3/4 cup milk
- 3 tablespoons coarse-grain Dijon mustard
- 2 tablespoons chopped Florida parsley

Heat the butter and oil in a large skillet over medium-high heat. Add alligator meat and sauté quickly 1 minute per side. Remove and keep warm. Add shallots to skillet and sauté 2 minutes. Add brandy to skillet and deglaze by stirring to loosen browned bits from bottom of pan. Stir in soup, milk, mustard and parsley. Simmer over low heat until sauce is smooth and thick. To serve, spoon Dijon sauce over alligator scaloppini.

Nutritional Value Per Serving: Calories 428, Calories From Fat 135, Total Fat 15g, Saturated Fat 3g, Trans Fatty Acid 0g, Cholesterol 10mg, Total Carbohydrates 8g, Protein 53g, Omega 3 Fatty Acid 0.01g

