











Seafood Safe Handling Tips

-  Purchase seafood last and keep it cold during the trip home.
-  Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
-  After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
-  Marinate seafood in the refrigerator and discard any used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw seafood.





Buying and Storing Tips

-  Meat should be firm with a fresh sea breeze aroma and no discoloration.
-  Store fresh fish in the coldest part of refrigerator at 32° F for up to 2 days.
-  To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0° F for up to 2 months. Thaw in the refrigerator or under cold running water.

How Much to Buy

-  Fillets or steaks 1/4 to 1/3 pound per serving
-  Whole or drawn fish 3/4 to 1 pound per serving
-  Dressed whole fish 1/2 pound per serving

Cooking Tips

-  Cook fish at 400° F. for 10 minutes per inch of thickness of the fillet or steak.
-  Cook until meat is opaque and flakes easily with a fork.
-  Cook thoroughly but do not overcook.
-  To grill, use a grill basket to prevent the meat from falling through the grill.

Grouper

Groupers are members of the sea bass family, *Serranidae*, which has over 400 types. Red grouper (*Epinephelus morio*) and gag grouper (*Mycteroperca microlepis*) are the groupers harvested in volume and most readily available in seafood markets. Black grouper, scamp, snowy and yellow edge grouper are also available but are harvested in smaller volumes. Groupers vary in size and weight, but are commonly marketed at 5-20 pounds. They are found in warm temperate tropical waters around the coral reefs and rock outcroppings of the coastal shelf. Groupers are harvested year-round with peak Eastern seaboard and Gulf production in summer and fall.

Characteristics: The extra lean white meat is firm and moist with large flake and a sweet, mild flavor.

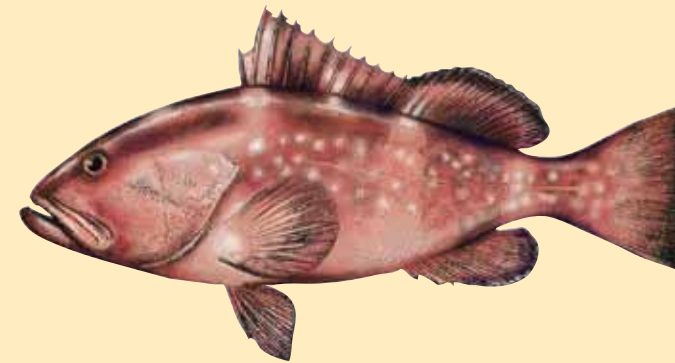
Substitutes: Snapper and mahi-mahi.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 110, Calories From Fat 20, Total Fat 2g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 65mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.26g.



Florida Grouper Sandwich

Mislabeled seafood is illegal. Grouper has been a prime target for species substitution. For more information, go to www.FL-Seafood.com. If you believe a lesser-value fish has been substituted for grouper or other seafood has been mislabeled at a seafood retail store or supermarket seafood counter, contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If substitution occurs at a restaurant, contact the Florida Department of Business and Professional Regulation at 850-487-1395.



Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood information, recipes, and brochures can be found at www.FL-Seafood.com.



Bureau of Seafood and Aquaculture Marketing
2051 East Dirac Drive, Tallahassee, Florida 32310-3760
Email: seafood@doacs.state.fl.us
www.FL-Seafood.com

DACS-P-01421
Rev. 05-2010

FLORIDA SEAFOOD
Recipes

Grouper



WWW.FL-SEAFOOD.COM

Florida Department of Agriculture and Consumer Services

Pan-Grilled Grouper with Green Olive Cream Sauce



- 1 Florida jalapeño pepper, finely chopped
- 4 6-ounce Florida grouper fillets
- 1/2 cup rice flour
- Kosher salt to taste
- fresh ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1/4 cup white wine
- 1 Florida shallot, finely chopped
- 1 tablespoon heavy cream
- 1/2 cup unsalted butter, cubed and chilled
- 1 teaspoon fresh Florida lemon juice
- 1 tablespoon Florida flat-leaf parsley, chopped
- 1/4 cup green olives, sliced
- 3 tablespoons capers, drained
- 4 strips cooked bacon, crumbled

Season fillets with salt and pepper and dredge in rice flour. Heat oil and butter in a large sauté pan over medium heat. When butter foams, add fillets; cook 4

minutes per side or until opaque in center. Transfer fillets to a platter and keep warm. To make the sauce, add the wine and shallot to saucepan; bring to a boil over medium heat and cook until reduced by 1/2. Add the cream and cook sauce until just thickened. Reduce heat to low; add cubed butter a little at a time whisking until blended into a smooth sauce. Stir in lemon juice, parsley, olives, capers, and bacon. Spoon the sauce over the fillets and serve. Yield: 4 servings

Nutritional Value Per Serving: Calories 605, Calories From Fat 370, Total Fat 42g, Saturated Fat 21g, Trans Fatty Acid 1g, Cholesterol 148mg, Total Carbohydrates 18g, Protein 37g, Omega 3 Fatty Acid 0.18g

Grouper al Grecque

- 1 tablespoon olive oil
- 4 6-ounce Florida grouper fillets
- 1 Florida onion, thick sliced
- 3 cloves Florida garlic, sliced
- 6 ounces tomato paste
- 1/2 cup dry white wine
- 1/3 cup clam juice or chicken stock
- 2 tablespoons Florida lemon juice
- 1/4 teaspoon cumin
- 1/4 teaspoon cinnamon
- fresh ground black pepper
- 1/2 cup feta cheese, crumbled
- 1/3 cup chopped walnuts, toasted
- 3 tablespoons Florida cilantro or parsley, chopped



In a heavy sauté pan, sauté fillets in oil over high heat 3-5 minutes until browned. Remove fillets and set aside. Over medium heat, sauté onion and garlic 4-5 minutes until tender. Add tomato paste, wine, clam juice or stock, lemon juice, cumin, cinnamon and pepper to taste. Bring to a boil then lower heat and simmer, covered, for 10 minutes; stir frequently. Add fillets to pan; simmer until heated through. Serve topped with feta cheese, walnuts and cilantro. Yield: 4 servings

Nutritional Value Per Serving: Calories 388, Calories From Fat 143, Total Fat 16g, Saturated Fat 4g, Trans Fatty Acid 6g Cholesterol 0mg, Total Carbohydrates 17g, Protein 40g, Omega 3 Fatty Acid 0.9g

Florida Grouper Coconut Florentine



- 2 tablespoons olive oil
- 4 6-ounce Florida grouper fillets
- 2 cloves Florida garlic, crushed
- 1 teaspoon fresh Florida ginger, peeled and grated
- 1/2 cup Florida red onion, diced and divided
- 1 1/2 cups canned light coconut milk
- 2 tablespoon fresh Florida lime juice
- 1/2 cup fresh Florida cilantro, chopped
- 1 teaspoon soy sauce
- 1 splash hot pepper sauce
- 4 Florida plum tomatoes, diced
- 1 Florida red bell pepper, diced
- 1 Florida green bell pepper, diced
- 1 10-ounce bag Florida spinach, washed

In large sauté pan over medium-high heat, sauté fillets in 1 tablespoon olive oil 2-3 minutes per side until browned. Remove

fillets and set aside. Add garlic, ginger and 1/4 cup onion to pan; cook until tender. Add coconut milk, lime juice, cilantro, soy sauce, and hot pepper sauce. Bring to a boil and add fillets; simmer 1 minute until fillets are opaque in center. In a separate large sauté pan, heat remaining 1 tablespoon of olive oil over medium-high heat. Sauté remaining 1/4 cup onion, tomatoes, bell peppers and spinach until greens are just wilted. Serve fillets on a bed of spinach mixture. Yield: 4 servings.

Nutritional Value Per Serving: Calories 465, Calories From Fat 220, Total Fat 25g, Saturated Fat 18g, Trans Fatty Acid 0g, Cholesterol 80mg, Total Carbohydrates 16g, Protein 49g, Omega 3 Fatty Acid 0.12g

Onion Crusted Grouper with Roasted Corn and Peppers

- 2 tablespoons olive oil
- 1 cup Florida red bell pepper, chopped
- 1 cup Florida green bell pepper, chopped
- 2 cups fresh Florida corn kernels
- 1 cup Florida onion, diced
- 1 teaspoon salt, divided
- 1 teaspoon fresh-ground black pepper, divided
- 1 teaspoon dried thyme, divided
- 4 6-ounce grouper fillets
- 1/2 cup french-fried onion rings, crushed



Heat oven to 450° F. Combine 1 tablespoon of the olive oil with red and green bell peppers, corn, onion and 1/2 teaspoon each of the salt, pepper, and thyme in a large ovenproof pan. Roast mixture in the oven until the corn and peppers start to brown, about 12 minutes, stirring twice. Coat fillets with remaining 1 tablespoon of oil and remaining 1/2 teaspoon of salt, pepper and thyme. Top with crushed onion rings. Remove roasting pan from oven; spread corn-and-pepper mixture to sides of the pan. Place fillets in middle of pan; return to oven and cook 10 minutes until fillets are opaque in the center. Serve fillets on a bed of roasted vegetables. Yield: 4 servings

Nutritional Value Per Serving: Calories 481, Calories From Fat 206, Total Fat 23g, Saturated Fat 5g, Trans Fatty Acid 0g, Cholesterol 62mg, Total Carbohydrate 30g, Protein 39g, Omega 3 Fatty Acid 0.01g