











## 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.
-  Always marinate seafood 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 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 the 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 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 over cook.
-  To grill, use a grill basket to prevent the meat from falling through the grill.

## Mullet

Mullet are found in the bays and estuaries on Florida's Atlantic and Gulf Coasts and also worldwide in tropical and subtropical waters. Striped mullet (*Mugil cephalus*) and white mullet (*Mugil curema*) are the two varieties of mullet commercially harvested in Florida. Striped mullet are commonly called black mullet, gray mullet or jumping mullet. White mullet are called silver mullet.

Mullet have an elongated, stout body with a dark bluish color at the top shading to silver along the sides and widely separated dorsal fins. The large scales along the sides of the striped mullet have a dark center that gives the illusion of horizontal stripes. Mullet are considered vegetarians and feed on aquatic plants and algae. Their small mouths with closely set teeth are ideal for tearing plant material when feeding. They are the only fish that has a gizzard, much like a chicken, that is used to grind up and digest plant material. The average weight is 2 to 3 pounds, but can be in excess of 6 pounds.

Mullet swim in large schools and are commonly seen jumping out of the water. This accounts for the name "jumping mullet" and makes it easy for fishermen to spot them. The primary Florida commercial fishery area is along the Gulf Coast. Commercial harvesters use a cast, beach or haul-seine net to catch mullet. Mullet are available year round, but the peak season is in November and December.

**Characteristics:** The light meat is firm with a small flake and mild flavor.

**Substitutes:** Mackerel, pompano.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1.5g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 85mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0.35g.



Potato Herb Crusted Mullet

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please 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](http://www.FL-Seafood.com).



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## Mullet



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Florida Department of Agriculture and Consumer Services  
Charles H. Bronson, Commissioner

# Citrus Teriyaki Broiled Mullet



- 4 6-ounce Florida mullet fillets
- 1/2 cup soy sauce
- 1 tablespoon Florida orange juice
- 1 tablespoon Florida lemon juice
- 1 tablespoon dry sherry (optional)
- 1 tablespoon olive oil
- 1 teaspoon Florida honey
- 1 teaspoon ground ginger

Preheat broiler. Place fillets in a single layer on a well-greased broiler safe dish. Combine remaining ingredients in a small bowl and pour sauce over fillets. Broil 4 inches from heat source for 10 to 15 minutes or until fillets flake easily with a fork. Baste once during broiling with sauce in pan.  
Yield: 4 servings

Nutritional Value Per Serving: Calories 265, Calories from Fat 89, Total Fat 10g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 83mg, Total Carbohydrates 7g, Protein 36g, Omega 3 Fatty Acid 0.60g

# Florida Mullet Black-eyed Pea Gumbo

- 1 pound cooked Florida mullet meat (smoked, grilled, or broiled)
- 2 tablespoons butter
- 1/2 cup Florida onion, chopped
- 1 cup Florida celery, chopped
- 1 clove Florida garlic, minced
- 2 tablespoons flour
- 1/2 cup white wine (or chicken broth)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon anise seeds
- 2 teaspoons Florida sugar
- 1 fresh Florida jalapeno pepper, seeded and chopped
- 2 15-ounce cans black-eye peas, drained
- 1 10-ounce package frozen cut okra, thawed
- 2 20-ounce cans diced tomatoes, drained
- 1/2 cup fresh Florida parsley, chopped
- salt and pepper to taste



Break mullet meat into bite sized portions and set aside. In a large stock pot, sauté onion, celery and garlic in butter until tender. Add flour and blend well. Stir in wine, oregano, basil, thyme, anise, sugar, peppers, okra and tomatoes. Cover and simmer for 30 minutes. Add cooked mullet meat, parsley, salt and pepper to taste. Simmer for 10 minutes or until meat is heated through. Yield: 6 servings

Nutritional Value Per Serving: Calories 290, Calories from Fat 61, Total Fat 7g, Saturated Fat 3g, Trans Fatty Acid 0g, Cholesterol 47mg, Total Carbohydrates 34g, Protein 25g, Omega 3 Fatty Acid 0.28g

# Fisherman's Favorite Mullet Sandwich



- 2 large Florida eggs
- 1 teaspoon water
- 1 cup all-purpose flour
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup cornmeal for dredging the fish
- 4 6-ounce Florida mullet fillets
- 1 cup vegetable oil
- 4 soft sandwich rolls, split
- Florida leaf lettuce
- 2 Florida tomatoes, sliced thin

Beat together eggs and water in a shallow dish. Season the flour with cayenne, salt and pepper. Place flour mixture and cornmeal in separate shallow dishes. Coat fillets in seasoned flour; dip into egg wash and then coat with cornmeal. In a deep pan, cook the

fillets in 1 inch of oil at 375° F. on a deep-fat thermometer for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes.  
Yield: 4 Servings

Nutritional Value Per Serving: Calories 744, Calories from Fat 270, Total Fat 30g, Saturated Fat 5g, Trans Fatty Acid 0, Cholesterol 191mg, Total Carbohydrates 72g, Protein 47g, Omega 3 Fatty Acid 0.60g

# Grilled Mullet with Hot Mango-Honey Sauce

- 1/4 cup Florida honey
- 1/4 cup rice wine vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/4 teaspoon hot pepper sauce
- 1 tablespoon Florida jalapeno, diced
- 1/2 cup pureed Florida mango
- 4 6-ounce Florida mullet fillets
- Florida parsley sprigs for garnish

Preheat grill to medium hot. For approximately 1 cup of sauce, combine all ingredients except fish fillets in a small bowl. Reserve 1/2 cup to serve with cooked fillets. Brush both sides of fillets with sauce; place fillets in a single layer in well-greased hinged, wire grill basket. Cook on medium hot grill for 5 to 8 minutes. Baste fillets with sauce and turn; cook 5 to 8 minutes more or until fish flakes easily. Serve with reserved sauce and parsley garnish.  
Yield: 4 servings



Nutritional Value Per Serving: Calories 302, Calories from Fat 59, Total Fat 7g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 84mg, Total Carbohydrates 27g, Protein 33g, Omega 3 Fatty Acid 0.60g