








## 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 refrigerator 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/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.

## Pompano

Florida pompano is a member of the jack family (*Carangidae*) which includes approximately 140 varieties worldwide. Pompano has a deep, thin, silvery body with a greenish-gray coloration on the back. Favored for its unique mild flavor and lean light meat, an adult pompano averages about 2 pounds in size, but is usually not larger than 7 pounds. Pompano is found along Florida's coasts schooling off sandy beaches, brackish bays, inlets, seagrass beds, estuaries, and oyster bars. It is most prevalent from October to December and again from April to July.

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

**Substitutes:** Snapper, flounder, and mahi-mahi.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portion: Calories 186, Calories From Fat 97, Total Fat 11g, Saturated Fat 4g, Trans Fatty Acid 0, Cholesterol 57mg, Sodium 74mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0.64g.



Florida Pompano Diablo

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).



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

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# FLORIDA SEAFOOD Recipes

## Pompano



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

# Florida Pompano with Blue Crab in Citrus Cream



- 1/2 cup dry white wine
- 1/4 cup shallots, minced
- 3 tablespoons fresh Florida lemon juice
- 1 cup heavy cream
- 1/4 cup unsalted butter, cut into 1/2-inch cubes
- 1 1/2 teaspoons grated lemon peel
- 8 ounces fresh Florida blue crabmeat
- salt and pepper to taste
- 3 tablespoons olive oil
- 1 tablespoon shrimp boil or seafood seasoning
- 4 6- to 8-ounce Florida pompano fillets, skinless
- 1 bunch fresh Florida parsley, chopped

Combine wine, shallots and lemon juice in small saucepan. Boil over medium-high heat until mixture is reduced to 1/3 cup. Add cream; simmer 5 minutes until thickened. Add butter cubes a few at a time and whisk until melted. Stir in lemon peel. Add crabmeat to sauce and heat through. Add salt and pepper to taste; set aside and keep warm. In a large skillet, heat oil over medium-high heat. Season fillets with seafood seasoning and add to pan; cook 4 minutes per side until opaque in center. Place fillet in center of serving plate and top with crabmeat. Spoon additional sauce over all; sprinkle with parsley and serve. Yield: 4 servings

## Nutritional Value Per Serving:

Calories 760, Calories from Fat 541, Total Fat 61g, Saturated Fat 29g, Trans Fatty Acid 1g, Cholesterol 241mg, Total Carbohydrates 6g, Protein 43g, Omega 3 Fatty Acid 1.29g

# Florida Pompano Almandine

- 1/2 cup sliced almonds
- 4 tablespoons butter, melted
- 4 6-ounce Florida pompano fillets
- 2 teaspoons cayenne pepper
- sea salt to taste
- ground black pepper to taste
- 1 cup rice flour
- 1/2 cup butter
- 1/4 cup Florida lemon juice
- 1/4 cup Florida flat leaf parsley, chopped

Heat oven to 375° F. Place sliced almonds and 4 tablespoons butter in ovenproof dish; roast for 7 minutes or until golden. Remove from oven and set aside. Sprinkle fillets with seasonings then dredge in flour. Melt 1/2 cup butter in shallow skillet over medium-high heat; add fillets and cook 3-5 minutes per side until cooked through. Remove fillets from pan and keep warm. Add toasted almonds, lemon juice and parsley to butter in the skillet; mix well then spoon over cooked fillets. Yield: 4 Servings

## Nutritional Value Per Serving:

Calories 831, Calories from Fat 532, Total Fat 60 g, Saturated Fat 30g, Trans Fatty Acid 1g, Cholesterol 186mg, Total Carbohydrates 36g, Protein 37g, Omega 3 Fatty Acid 1g



# Pompano Portobello Mornay



- 8 tablespoons butter, divided
- 3 medium Florida portobello mushrooms, sliced
- 1/2 cup brandy
- 1 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 2 fresh Florida thyme leaves, minced
- salt and pepper to taste
- 1 tablespoon seafood seasoning
- 4 6-ounce Florida pompano fillets

Melt 4 tablespoons butter in a large sauté pan over medium-high heat. Add mushroom slices; sauté about 7 minutes until soft and lightly browned. Add brandy and simmer until liquid reduces to a glaze. Reduce heat to medium and add cream, Parmesan cheese and thyme; simmer 7 minutes until sauce thickens, stirring occasionally. Season with salt and pepper and keep warm. Season the fillets

with seafood seasoning. Melt remaining 4 tablespoons butter in a large skillet over medium-high heat. Add fish and sauté 3 minutes per side, turning once, until cooked through and opaque in the center. Transfer fillets to serving plate and spoon sauce over. Yield: 4 servings.

## Nutritional Value Per Serving:

Calories 818, Calories from Fat 570, Total Fat 64g, Saturated Fat 36 g, Trans Fatty Acid 2g, Cholesterol 238mg, Total Carbohydrates 5g, Protein 37g, Omega 3 Fatty Acid 1.29g

# Pompano with Ratatouille

- 5 tablespoons olive oil, divided
- 1 cup Florida yellow onion, chopped
- 3 cloves Florida garlic, finely chopped
- 3 medium Florida red tomatoes, chopped
- 1 small Florida eggplant, diced
- 2 medium Florida red bell peppers, diced
- 2 medium Florida zucchini, diced
- 2 tablespoons fresh Florida lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon fresh Florida basil, chopped
- 1 tablespoon Florida parsley, chopped
- 4 6-ounce Florida pompano fillets

Heat 3 tablespoons of oil in a large skillet over medium heat. Add onion and garlic; sauté 5 minutes until softened. Add tomatoes, eggplant, peppers and zucchini; lower heat to medium-low. Simmer until the vegetables are tender, stirring occasionally. Add the lemon juice, salt, and pepper; stir in the basil and parsley. Reduce heat and keep warm. In a clean sauté pan, heat the remaining 2 tablespoons oil over medium-high heat. Add the fillets and cook 3-4 minutes on each side until cooked through. Serve topped with the cooked vegetable ratatouille. Yield: 4 servings

## Nutritional Value Per Serving:

Calories 530, Calories from Fat 303, Total Fat 35g, Saturated Fat 9g, Trans Fatty Acid 0, Cholesterol 85mg, Total Carbohydrates 22g, Protein 35g, Omega 3 Fatty Acid 1g

