











## 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.
-  Use a grill basket or keep the skin on to prevent the meat from falling through the grill.

## Snapper Family

There are 17 types of snapper harvested off Florida's Gulf and Atlantic Coasts. Red snapper (*Lutjanus campechanus*) and yellowtail snapper (*Ocyurus chrysurus*) are the two most common snappers found in seafood markets and restaurants. Red snapper are the best known and are easily distinguished by their rosy-red skin and bright red irises. Yellowtail snapper have a distinguishing yellow stripe running from nose to tail and are found in the warm waters of south Florida.

Snapper are caught in waters 60 to 200 feet deep with rock and limestone formations covered with coral and sponges. Snapper feed on bottom dwelling crustaceans and small fishes. They can weigh up to 30 pounds and grow to 3 feet in length. Marketed both fresh and frozen, snapper have a firm textured, mild white meat that is perfect for almost any fish recipe.

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

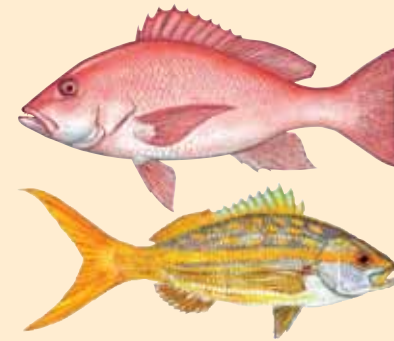
**Substitutes:** Grouper, pompano, and tilefish.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 110, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 45mg, Sodium 70mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.32g.



Florida Snapper Macadamia

**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 [FL-Seafood.com](http://FL-Seafood.com).



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# FLORIDA SEAFOOD Recipes

## Snapper



**FL-SEAFOOD.COM**

Florida Department of Agriculture and Consumer Services

# Pan-Grilled Snapper with Avocado-Strawberry Salsa



- 1 Florida jalapeño pepper, finely chopped
- 1 ripe Florida avocado, diced
- 2 cups Florida strawberries, finely chopped
- 1/4 cup Florida red onion, finely chopped
- 2 tablespoons Florida cilantro, finely chopped
- 1 teaspoon fresh Florida lime juice
- 1/4 teaspoon sugar
- sea salt to taste
- 4 6-ounce Florida snapper fillets
- 1 tablespoon olive oil
- 1 1/2 tablespoons fresh Florida lime zest

Stir jalapeño, avocado, strawberries, onion, cilantro, lime juice, sugar, and sea salt together in a bowl. Cover and set aside. Salsa may be made several hours ahead and chilled. When making ahead, add the sugar, salt and avocado when ready to serve. Preheat stovetop grill pan over high heat. Pat fillets dry then brush both sides with the oil; sprinkle with the lime zest. Lay fillets on grill pan skin side down and cook

4-5 minutes on each side, turning once, until cooked through. Transfer fillets to serving plates and top with avocado-strawberry salsa. Yield: 4 servings

Nutritional Value Per Serving: Calories 440, Calories From Fat 117, Total Fat 13g, Saturated Fat 2g, Trans Fatty Acid 0g, Cholesterol 63mg, Total Carbohydrates 40g, Protein 37g, Omega 3 Fatty Acid 0.06g

# Chili-Cumin Snapper Fingers

- 2 pounds Florida snapper, cut into 1" strips
- 2 Florida eggs
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup flour
- 1 teaspoon cumin
- 1 teaspoon chili seasoning
- 5 tablespoons butter
- 2 tablespoons olive oil
- 2 Florida limes, halved

Pat snapper fingers dry with paper towel. Whisk together eggs and milk in a small bowl. Combine salt, pepper, flour, cumin and chili seasoning on a shallow plate. Coat fish fingers with flour mixture; dip in egg mixture, then into flour mixture. Set aside to dry for 5 minutes. Melt the butter and oil together in a heavy skillet over moderate heat. When butter foams, add the fingers; cook 3-5 minutes on each side until browned and cooked through. Serve with lime halves. Yield: 6 servings

Nutritional Value Per Serving: Calories 343, Calories From Fat 156, Total Fat 18g, Saturated Fat 8g, Trans Fatty Acid 0g, Cholesterol 153mg, Total Carbohydrates 11g, Protein 35g, Omega 3 Fatty Acid 0.04g



# Florida Snapper Caribe

- 2 tablespoons extra virgin olive oil
- 1 1/2 cups Florida white onions, thinly sliced
- 2 tablespoons Florida garlic, minced
- 4 cups Florida plum tomatoes, seeded and chopped
- 1/2 cup yellow Florida bell pepper, chopped
- 1 1/2 cups dry white wine
- 2/3 cup green olives, sliced
- 1/4 cup capers, drained
- 1/8 teaspoon red pepper flakes
- 4 6-ounce Florida snapper fillets
- 2 tablespoons butter
- 1/4 cup fresh Florida cilantro, chopped

In a large sauté pan, heat olive oil over medium heat. Add onions and sauté until soft. Stir in garlic; sauté 1 minute. Add tomatoes and yellow pepper; cook until softened. Stir in wine, olives, capers, and red pepper flakes and bring to a simmer. Place fillets

into sauce; cover pan and gently simmer for 10 to 12 minutes until fish flakes easily with a fork. Transfer fillets to a serving plate and keep warm. Add butter to sauce and simmer until thickened. Stir cilantro into sauce and serve over fillets. Yield: 4 servings

Nutritional Value Per Serving: Calories 510, Calories From Fat 170, Total Fat 19g, Saturated Fat 6g, Trans Fatty Acid 0g, Cholesterol 80mg, Total Carbohydrates 26g, Protein 39g, Omega 3 Fatty Acid 0.06g

# Spiced Snapper Tunisian

- 1/2 teaspoon cumin seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon dried hot pepper flakes
- 1/2 teaspoon caraway seeds
- 4 6-ounce Florida snapper fillets
- 3 cloves Florida garlic, thinly sliced
- 1 medium Florida onion, thinly sliced
- 2 medium Florida tomatoes, chopped
- 1/2 cup raisins
- 1/4 cup pine nuts
- 1 cup fish stock or bottled clam juice
- Florida parsley for garnish

Preheat oven to 400° F. In a skillet over medium heat, roast cumin and coriander seeds and pepper flakes for 2-3 minutes until fragrant. Remove from heat; grind spices in a spice grinder or with a mortar and pestle. Rub spice mix on the fillets. Let stand 10 minutes. In a small bowl, toss together the garlic, onion, tomatoes, raisins and pine nuts. Spoon 1/2 of this vegetable mixture into a greased flat ovenproof dish; place fillets on the vegetable layer. Top the fillets with remaining 1/2 of the vegetable mixture. Pour fish stock or clam juice over fillets. Bake for 20-30 minutes until fillets are cooked through. Garnish with parsley. Yield: 4 servings

Nutritional Value Per Serving: Calories 316, Calories From Fat 81, Total Fat 9g, Saturated Fat 1g, Trans Fatty Acid 0g, Cholesterol 63mg, Total Carbohydrates 20g, Protein 39g, Omega 3 Fatty Acid 0.07g

