

Buying and Preparation Tips

Be sure to purchase your seafood from a retailer that displays a valid license.

- Look for these signs of quality when purchasing tilefish: flesh that is firm and not separating; fresh sea breeze smell and no discoloration.
- Store fresh tilefish in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze tilefish, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to eight months. Thaw in the refrigerator or under cold running water.
- Try marinating tilefish in a honey mustard vinaigrette (2 tablespoons Florida lemon juice, 1 tablespoon white wine vinegar, 1 teaspoon Florida honey, 1 teaspoon whole-grained mustard, salt and black pepper to taste). Always marinate the fish in the refrigerator. Discard used marinade as it contains raw fish juices.
- Tilefish is cooked when its meat just begins to flake easily with a fork and it loses its translucent or raw appearance. All fish should be thoroughly cooked.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400°- 450° F.

- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

Focus on Fish, Shellfish and Mercury For Women of Child Bearing Age and Small Children

Fish and shellfish are good sources of high quality protein, are low in fat and have other health benefits. Health experts recommend we include 2 servings a week in our diet. However, FDA advises that pregnant women, women who may become pregnant and small children not eat king mackerel, swordfish, shark or tilefish as they may contain high levels of mercury. The FDA and EPA advise this group to eat a variety of other fish and shellfish to enjoy the health benefits of seafood.

For additional information go to these web sites:

- FDA at: www.cfsan.fda.gov/seafood1.html
- EPA at: www.epa.gov/ost/fish

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and Aquaculture Marketing**
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TILEFISH Recipes



www.FL-Seafood.com



Florida Department of Agriculture
and Consumer Services



Tilefish Salad



- 1 1/2 pounds boneless, skinless Florida tilefish, 1-inch thick
- 2 tablespoons lemon juice
- 1/2 cup sliced Florida red bell peppers
- 1/2 cup cooked whole kernel corn
- 1/2 cup sliced Florida celery hearts
- 2 tablespoons sesame oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped shallots
- 1 teaspoon minced garlic
- 2 cups salad greens

Cut fish into serving sized portions. Brush both sides of fish with lemon juice and place in a shallow microwave-safe dish. Cover, leaving a small vent, and microwave on medium for 5 minutes. Rotate dish and cook 5 additional minutes or until fish flakes easily when tested with a fork. Cool cooked fish, then flake into pieces. Combine all ingredients except salad greens; mix well and refrigerate overnight. Add salad greens and toss well before serving. Yield: 6 servings.

Per serving: calories 172, calories from fat 63, total fat 7g, saturated fat .68g, cholesterol 55mg, total carbohydrate 5g, protein 23g.

Tilefish Torney



- 1 1/2 pounds Florida tilefish fillets
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 teaspoon ground thyme
- 1/2 teaspoon ground savory
- 1/2 teaspoon marjoram
- 2 cups Florida milk
- 1/3 cup grated Cheddar cheese
- 1/4 teaspoon hot pepper sauce

Cut fish into serving-size portions. Melt butter in saucepan; blend in flour, thyme, savory and marjoram. Gradually add milk; cook until mixture thickens, stirring constantly. Remove from heat; stir in cheese and pepper sauce. Place fish in baking dish and cover with sauce. Bake in a preheated 350° F oven for 15-20 minutes or until fish flakes easily with a fork. Yield: 4 servings.

Per serving: calories 380, calories from fat 170, total fat 19g, saturated fat 11g, cholesterol 130mg, total carbohydrate 11g, protein 40g.

**Seafood alternative:
amberjack, grouper, shark**

Coral Fish Dip

- 3/4 pound cooked Florida tilefish, flaked
- 1 10 3/4 -ounce can condensed cream of shrimp soup
- 1 8-ounce package cream cheese, softened
- 1 tablespoon Florida lemon juice
- 2 tablespoons chopped Florida parsley
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- assorted crackers

Combine all ingredients except parsley sprigs and crackers. Chill at least 1 hour to blend flavors. Serve with assorted crackers. Yield: approximately 3 3/4 cups.

Per serving: calories 220, calories from fat 140, total fat 16g, saturated fat 9g, cholesterol 80mg, total carbohydrate 3g, protein 18g.

**Eat Seafood
Twice a Week...
It's Good For Your Heart**