

Seafood Safe Handling Tips

- When shopping, 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 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 the refrigerator at 32 degrees for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.

How Much to Buy

- Fillets or steaks ¼ to ⅓ pound per serving
- Whole or drawn fish ¾ to 1 pound per serving
- Dressed whole fish ½ pound per serving

Cooking Tips

- Cook fish at 400 degrees 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 yellowedge grouper are also available but are harvested in smaller volumes. Groupers vary in size and weight, but are commonly marketed at 5-20 pounds. Groupers are harvested year-round with peak Eastern seaboard and Gulf production in summer and fall.

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 0g, Cholesterol 55mg, Sodium 65mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.26g.

Mislabeled seafood is illegal. Grouper has been a prime target for species substitution. For more information, go to FreshFromFlorida.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 at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

FreshFromFlorida.com/Seafood





Seared Florida Grouper with Arugula

Ingredients

- 1 ½ Pounds grouper, cut into four 6-ounce fillets
- Canola or olive oil for cooking
- 12 Ounces arugula, washed and dried
- 1 Lemon, juiced
- Sea salt to taste
- Fresh ground pepper to taste

Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each grouper fillet with salt and pepper. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked grouper fillets from pan and let cool slightly.

In a medium-sized mixing bowl, add arugula, one teaspoon oil and the lemon juice. Season the arugula lightly with the salt and pepper. Mix the arugula to evenly coat and adjust seasoning with salt and pepper. To serve, place an even amount of arugula on each plate and top with grouper fillet. Serve dish with grilled or roasted Florida vegetables.

Yield

4 servings

Pan Roasted Florida Grouper

Ingredients

- 1 ½ Pounds grouper, cut into four 6-ounce fillets
- Canola or olive oil for cooking
- Corn starch for dusting
- Sea salt and fresh ground pepper to taste
- 2 Lemons, quartered for garnish

Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each grouper fillet with salt and pepper and dust each fillet with corn starch. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked grouper fillets from pan and let cool slightly. Serve grouper fillets with fresh lemon.

Yield

4 servings

Honey Orange Glazed Florida Grouper

Ingredients

- 1 Tablespoon honey
- 1 Tablespoon orange marmalade
- 1 Tablespoon orange juice
- ¾ Teaspoon Dijon mustard
- ½ Teaspoon light soy sauce
- ⅛ Teaspoon ground white pepper
- ¾ Pound grouper fillets

Preparation

Preheat broiler. Combine all ingredients except grouper, mixing well. Place fillets on an oiled broiler pan and brush fillets with honey glaze to cover. Broil 5 to 6 inches from heat for 4 to 5 minutes until browned. Turn fillets, brush with honey glaze and broil additional 5 minutes or until fish flakes easily.

Yield

4 servings