

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.
- 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.

Marketed both fresh and frozen, snapper have a firm textured, mild white meat that is perfect for almost any fish recipe.

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 0g, Cholesterol 45mg, Sodium 70mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.32g.

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 at (850) 617-7280.

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

FreshFromFlorida.com/Seafood



Snapper





Florida Snapper with Citrus Sauce

Ingredients

- 1 ½ Pounds snapper, cut into four 6-ounce fillets, skin on
Canola or olive oil for cooking
Corn starch for dusting

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 snapper fillet with salt and pepper and dust the skin side of each fillet with corn starch. Carefully add the seasoned snapper 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 snapper fillets from pan and let cool slightly.

Citrus Sauce

Ingredients

- 1 Cup orange juice
2 Tablespoons low-sodium soy sauce
1-2 Tablespoons unsalted butter
Sea salt and fresh ground pepper, to taste

Preparation

In a small pot, combine orange juice and soy sauce. Cook over medium heat until reduced by half. Reduce heat and add butter. Swirl the pot until the butter is incorporated. Remove from heat, taste and adjust seasoning with salt and pepper. Serve warm.

Yield

4 servings



Pan-seared Florida Snapper with Roasted Red Pepper Chili

Ingredients

- 4 6-ounce snapper fillets
2 Teaspoons cayenne pepper
Sea salt, to taste
Ground black pepper, to taste
1 Cup rice flour
4 Tablespoons olive oil

Preparation

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3-5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

Roasted Red Pepper Chili

Ingredients

- 1 Pound red peppers, roasted, peeled, seeded and roughly chopped
2 Tablespoons diced shallots
½ Cup white wine
Salt and pepper

Preparation

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until smooth. Strain for a more refined sauce. Add salt and pepper to taste.

Yield

4 servings



Chili-Cumin Snapper Fingers

Ingredients

- 2 Pounds snapper, cut into 1-inch strips
2 Eggs
2 Tablespoons milk
½ Teaspoon salt
½ Teaspoon freshly ground pepper
½ Cup flour
1 Teaspoon cumin
1 Teaspoon chili seasoning
5 Tablespoons butter
2 Tablespoons olive oil
2 Limes, halved

Preparation

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