



# Grouper

(*Epinephelus and Mycteroperca sp.*)

Our Grouper is ideal to slice, batter or deep fry for “grouper” fingers or excellent blackened. These fillets have great plate coverage with economic portion costs.



## FEATURES/BENEFITS

- These wild caught, natural grouper fillets are processed into boneless, skinless fillets
- Has a firm texture and a mild taste.
- Contains low amounts of minerals such as sodium.
- Low in fat and rich in protein.

## APPLICATIONS

This can be served as an entrée or in a delectable fish stew.

## HANDLING/PREPARATION

**THAWING:** Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours. Product can be quick thawed under cool running water for 30 minutes.

## COOKING SUGGESTIONS

**DEEP FRY:** Carefully add fish to hot oil; fry, turning fish once, until golden brown, 4 to 5 minutes. Using a slotted spoon or spider, carefully remove fish, and let drain on a wire rack. Sprinkle with salt, if desired. Serve with tartar sauce, cocktail sauce, and lemon.

**PAN-FRY:** Preheat oven to 350°F. Heat a large, oven-safe skillet over medium-high heat. Add 2 TSP of olive oil to the pan and allow it to heat up. Season fish and add fillets, flesh side down, to the pan. Allow to them to cook until a nice golden-brown crust has formed, 3-4 minutes. Turn fish, sear on the other side for a couple of minutes. Brush fish with butter and move to oven to finish cooking, approximately 10 minutes or so. Add a squeeze of lemon before serving.

**BLACKEN:** Sprinkle the fish fillets with the blackened seasoning and Sriracha dry seasoning. Preheat grill to 350°F. Grill the fillets about 4 minutes or until charred and crispy. Carefully turn and cook another 4 minutes or so until done..

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

## NUTRITION FACTS:

Serving Size 3.5 OZ. (125g), Calories 90, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 35mg, Sodium 55mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 19g.

**COUNTRY OF ORIGIN: Indonesia, Singapore, Thailand or China.**



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