

Grouper (*Epinephelus morio*; *Mycteroperca bonaci*)



COMMON NAMES

Red Grouper, Black Grouper, Gag

SEASONAL AVAILABILITY

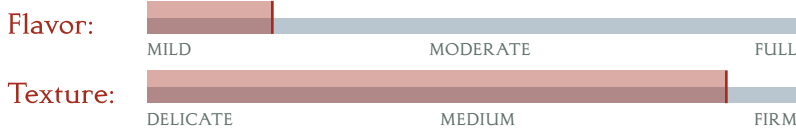
Year-Round

PRIMARY PRODUCT FORMS

Fresh: Whole, Dressed, H&G, Fillets, Fingers

Frozen: Dressed, H&G, Fillets, Fingers

PRODUCT PROFILE



COOKING TIPS

In the South, blackened grouper is a favorite preparation, but this versatile fish can be fried, grilled, skewered or used in chowders and soups. Larger whole grouper can be roasted, and large fillets should be butterflied before grilling because of their thickness. Grouper is very forgiving; it can be overcooked and still remain moist.

COOKING METHODS

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY | <input type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Grouper can lock themselves into self-created caves between sand and rock using their powerful gill muscles? These stout-bodied, large mouthed fish aren't built for fast, long-distance swimming, but they do belong to one of the largest and most widely distributed families of fish, the sea basses. They are most often caught by hook and line, and can be found in temperate waters from Florida and the mid-Atlantic states to the Gulf of Mexico, Central America and South America.

GLOBAL SUPPLY



FARMED
 WILD

Brazil, Ecuador, Honduras, Mexico, Nicaragua, Panama, United States

NUTRITIONAL FACTS

Serving size: 100g/3.5 oz.
AMOUNT PER SERVING

Calories	92
Fat Calories	9.2
Total Fat	1 g
Saturated Fat	0.2 g
Cholesterol	37 mg
Sodium	53 mg
Protein	19.4 g
Omega-3	0.3 g

If it swims we have it.

SEATTLE FISH CO.

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