

RED & BLACK GROUPE

*EPINEPHELUS MORIO &
 MYCTEROPERCA BONACI*



Red Grouper



Black Grouper

DESCRIPTION:

Grouper belong to one of the largest and most widely distributed families of fish, the Sea Bass. Red Grouper is the most frequently seen Grouper in the marketplace and is valued for its availability, flavor and size. The Black Grouper is more limited in its availability, although many chefs prefer it because of its smaller head which results in a greater yield. Market size for Black Grouper is around 20 pounds and Red Grouper usually comes to us at 5 to 15 lb. Grouper are found in temperate waters from the Mid-Atlantic States and Florida to South America. Once the skin is removed, it is hard to tell Red and Black Grouper apart, although Black Grouper has firmer meat when fresh. The raw meat of both is white and lean. The domestic Grouper season is closed from February 15 to March 15, when the fish spawn.

EATING QUALITIES:

Grouper has a mild yet distinct flavor, somewhere between Bass and Halibut. The taste of most Grouper is similar, with slight differences in flavor and texture, depending on size, species and location of harvest. Red Grouper is sweeter and milder than Black Grouper. They both have a very firm texture, heavy flake and good moisture retention.

FISHING METHODS:

Grouper are usually caught by hook and line or long line fisheries.

AVAILABLE:

Whole, Dressed, H&G, Fillets, Portions
 Frozen Fillets
 Frozen Portions

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	90
Fat Calories	9
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	35 mg
Sodium	55 mg
Protein	19 g
Omega-3	.2 g

COOKING METHODS

Sauté
 Grill
 Bake
 Steam
 Broil
 Fry

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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