

YELLOWEDGE GROUPE
EPINEPHELUS FLAVOLIMBATUS



DESCRIPTION:

Yellowedge Grouper are found in deep-waters of the western Atlantic from North Carolina to Brazil, including the Gulf of Mexico and Caribbean Sea. They are a long-lived, slow growing species that changes sex (from female to male) as they grow. The Yellowedge Grouper, *Epinephelus flavolimbatus*, is similar in appearance to the Snowy Grouper, but can be distinguished by the bright yellow color of its eyes and edges of fins.

EATING QUALITIES:

This commercial deepwater grouper is one of the most highly-esteemed. Grouper meat cooks up very firm, with big flakes and holds its moisture better than many other fish. Can be grilled, fried, sautéed, broiled, steamed, baked, also excellent for soups and chowders. This Grouper has a mild but very unique flavor, somewhat of a cross between Bass and Halibut.

FISHING METHODS AND REGULATIONS:

Yellowedge Grouper are typically caught by longline or hook and line. NOAA Fisheries and the Gulf of Mexico Fishery Management Council are responsible for monitoring and managing reef fish like Yellowedge Grouper. Gulf state and federal enforcement agents partner to enforce fisheries laws and regulations.

SOLD AS:

Whole fish, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion:

Calories	92
Fat Calories	9.2
Total Fat	1.02 g
Saturated Fat	0.2 g
Protein	19.4 g
Sodium	53 mg
Cholesterol	37mg
Omega-3	0.26 g

- COOKING METHODS**
- Fry
 - Steam
 - Grill
 - Poach
 - Bake

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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