

EVERYTHING YOU WANTED TO KNOW ABOUT...

# GROUPE

...and weren't afraid to ask!



472-HIKE



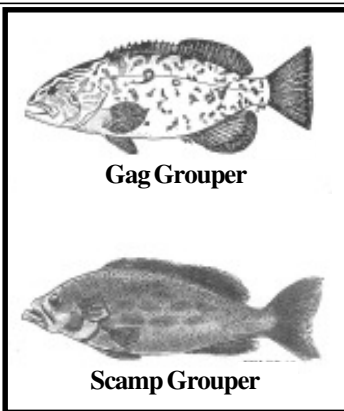
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Gag Grouper

Scamp Grouper

Description: Very firm white flesh with a mild flavor. Milder than snapper and not quite as fine flaked as snapper, grouper is by far our biggest selling fish. Groupers are members of the sea bass family, *Serranidae*, which is composed of over 400 species. In our market, we differentiate only Red Grouper, Black Grouper and Scamp Grouper, which are priced differently by the fisherman. Culinary speaking, only the species *Epinephelus* and *Mycteroperca* are important. Some of the better known groupers of these species that have appeared on our menu include:

<b>Black Grouper</b>	( <i>Mycteroperca Bonaci</i> )	<b>Nassau Grouper</b>	( <i>Epinephelus Striatus</i> )
<b>Gag Grouper</b>	( <i>Mycteroperca Microlepsis</i> )	<b>Misty Grouper</b>	( <i>Epinephelus Mystacinus</i> )
<b>Scamp Grouper</b>	( <i>Myscteroperca Phenax</i> )	<b>Red Grouper</b>	( <i>Epinephelus Morio</i> )

With the exception of **Scamp Grouper**, which is prized for its more delicate texture, it is very difficult to note the difference in the taste or texture of these different groupers, as they are all white fleshed and lean. The skin is tough, so the fish does not lend itself to cooking whole or as an unskinned filet. The most important factor in buying and cooking grouper is the SIZE of the natural filet. As some fish grow older and larger, their flesh may get tougher and less flavorful. Giant groupers (300-750 lbs.), such as the **Goliath Grouper** (formerly named the **Jewfish**) and **Warsaw Grouper** usually end up in chowder. Large groupers (25-50 lbs.) lend themselves best to being cut into fingers and fried. The smaller groupers (2-20 lbs.) which are the type we try to buy are equally at home in the broiler, fryer, saute pan or charcoal grill.

## Blackened Grouper\*

### Ingredients (serves four)

Four 1/2 lb grouper filets Blackening spice  
2 Tbls.olive oil or melted butter

\*Although best cooked in a hot cast iron skillet, any pan will do in a pinch. As the blackening spice will create some smoke, make sure your vent fan is on. If you do not have an exhaust system available, you can put the pan on an outside gas grill to cook!

### Cooking Directions

*Brush tops of grouper filets with olive oil or butter.  
Preheat skillet on HIGH heat.  
Sprinkle blackening spice on the filets (the exact amount depends on how spicy you like your fish.)  
Place fish, seasoned side down in hot pan.  
Cook 3-5 minutes. Add more spice if desired.  
Flip fish once and cook additional 3-5 minutes. Remove from heat and serve (preferably with cold beer!)*

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