

# COOKING GROUPEL



## BUYING

Fresh whole grouper should have:

- A shiny surface with tightly adhering scales.
- Gills that are deep red or pink, free of slime, mucus and off-odor.
- Clean shiny belly cavity with no cuts or protruding bones.
- A mild aroma, similar to the ocean.

Fresh steaks, fillets and loins should have:

- A translucent look.
- Flesh that is firm and not separating.
- A mild odor, similar to the ocean.
- No discoloration.
- Packaging that keeps them from being bent in an unnatural position.

How much to buy?

- Whole or drawn fish: 3/4 to 1 pound per serving.
- Dressed or cleaned fish: 1/2 pound per serving.
- Fillets or steaks: 1/4 to 1/3 pound per serving.

Remember to purchase seafood last and keep it cold during the trip home.

## PREPARATION

- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.
- Always marinate seafood in the refrigerator.
- Discard marinade; it contains raw juices which may harbor bacteria.
- When marinade is needed for basting, reserve a portion before adding raw seafood.

## LEMONY WALNUT-CRUSTED GROUPEL FILLETS

SERVES 4

### ALL YOU NEED:

- 1 lb grouper fillets, about 1-inch thick
- 1 tbsp lemon juice
- 2 small slices whole wheat bread
- 1/4 cup loosely packed fresh parsley leaves
- 1 tsp grated lemon peel
- 1/8 tsp salt
- 2 tbsp light margarine
- 1/4 cup finely chopped walnuts

### ALL YOU DO:

1. Preheat oven to 425°. Arrange grouper on baking sheet, then drizzle with lemon juice; set aside.
2. Process bread in food processor until it is fine crumbs. Add parsley, lemon peel and salt; process until chopped. Add margarine and pulse just until combined. Combine bread mixture with walnuts in small bowl. Evenly top grouper with crumb mixture.
3. Bake 15 minutes or until grouper flakes with a fork and crumbs are golden.

Source: [yummly.com](http://yummly.com)



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## COOKING

Grouper lends itself well to any form of cooking. Because it is a lean fish, some basting is necessary while broiling or baking to keep the flesh moist.

The general rule is 10 minutes per inch of thickness, at the thickest part of the fillet or steak, at 400-450 degrees F.

If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.

If grilling, oil the grill to prevent fish from sticking.

Fillet less than 1/2-inch thick do not need to be turned during cooking.

Fish cooks quickly. Do not overcook.

Fish is done when the flesh becomes opaque and flakes easily when tested with a fork.

Poaching, steaming, baking, broiling, sautéing, microwaving are excellent low-fat cooking methods.

### Cooking Suggestions:

- Marinate in your favorite salad dressing prior to cooking.
- Broil, bake, steam or microwave, then cube and add to pasta or salad greens for a delicious salad.
- Broil or grill with lime-butter and seasoned salt.
- Bake whole fish with a crab or shrimp stuffing.
- Add leftover fish in broken pieces to salads, soups or sauces.



## GROUPEL WITH TOMATO-OLIVE SAUCE

SERVES 4

### ALL YOU NEED:

- 4 (5 ounce each) grouper fillets, about 1-inch thick
- 1/2 tsp salt, divided
- 1/4 tsp freshly ground black pepper, divided
- 1 tbsp + 1 1/2 tsp extra-virgin olive oil, divided
- 1 yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 tomatoes, peeled and seeded, then diced
- 5 large pimiento-stuffed green olives, sliced
- 1 tablespoon capers, rinsed
- 1 jalapeno chili, seeded and cut into 1-inch julienne
- 2 tbsp fresh lime juice

### ALL YOU DO:

1. Sprinkle the grouper fillets on both sides with 1/4 teaspoon salt and 1/8 teaspoon black pepper. In a large, nonstick frying pan, heat 1-1/2 teaspoons olive oil over medium-high heat. Add the fish to the pan and sear on both sides until lightly browned, about 2 minutes each side. Transfer to a plate and keep warm.
2. Reduce the heat to medium and add the remaining 1 tablespoon olive oil to the pan. Add the onion and sauté until soft and lightly golden, about 6 minutes. Add the garlic and sauté until softened, about 1 minute. Add the tomatoes, olives, capers and jalapeno and simmer for 10 minutes to allow the flavors to blend. Stir in the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Return the fish to the pan, cover and simmer until the fish is opaque throughout when tested with the tip of a knife, 6 to 8 minutes.
3. Transfer the grouper fillets to warmed individual plates. Stir the lime juice into the vegetables and pan juices and spoon some sauce over each fillet. Serve immediately.

Source: mayoclinic.org