

Grouper (Fish & Seafood)

Interesting facts: The giant grouper has at least seven rows of teeth on the middle of its lower jaw. Groupers start out life as females and later switch sex to male with age. Its eyes function effectively in dim light, giving it an advantage over prey during dawn and dusk. Young giant grouper are bright yellow with large, irregular black or brown bars. They are not built for long-distance fast swimming. All grouper are members of the sea bass family.

How to select: Grouper is listed as having high mercury and heavy metals. I would avoid eating. When shopping for fresh grouper, look for firm fish with a fresh sea-breeze aroma. Fresh whole fish should have a shiny surface with tightly adhering scales, gills that are deep red or pink, and a clean, shiny belly cavity with no cuts or protruding bones. Fresh steaks and fillets should be firm and translucent-looking, with no discoloration.

How to clean and store: Purchase seafood last and keep it cold during the trip home. You can store fresh fish in the coldest part of the refrigerator for up to two days. Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges, and hands with soapy water.

How to prepare and cook: Searing or pan fry: Place grouper fillets into the cast iron pan with 1-2 tablespoons of coconut oil. Allow to cook for 2 - 3 minutes each side or until the fish flakes with a fork.