

## **Snapper** (Fish & Seafood)

**Interesting facts:** Best known is the Red snapper which are considered one of the top predators in the Gulf of Mexico. They also live off the coast on the eastern seaboard of the Americas. Red Snapper are schooling fish and are very important game fish as well as commercial fish. Red Snapper can be caught year-round in Louisiana and the Gulf of Mexico; they do not migrate at all and can sometimes live for long periods of time (yrs) at the same structure.

**How to select:** Buy wild caught / harvested from a reliable source. Medium high toxins found so eat sparingly.

**How to clean and store:** Fresh 1-2 days in package or freeze for 3 months,

**How to prepare and cook:** Sautéed, Baked

**Sautéed:** Salt and pepper fillets (If you buy with skin on sauté with the skin as it gets crispy when cooked), place in pan with 2 tablespoons olive oil or butter over medium high and cook 2-3 minutes and turn and repeat until flesh is flaky. Serve with wedges of lemon.

**Recipe idea:** Using either foil or parchment paper place 1-2 pound whole fillet in the center and add 1-2 tablespoon lemon, 1-2 minced garlic cloves, 2 tablespoons of butter dotted, 3-4 sprigs fresh thyme and salt and pepper. Wrap up edges lightly in the foil or paper. Bake at 350 degrees F. for 45 minutes. Unwrap and serve.