

Pan-Grilled Grouper with Green Olive Cream Sauce



- 1 Florida jalapeño pepper, finely chopped
- 4 6-ounce Florida grouper fillets
- 1/2 cup rice flour
- Kosher salt to taste
- fresh ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1/4 cup white wine
- 1 Florida shallot, finely chopped
- 1 tablespoon heavy cream
- 1/2 cup unsalted butter, cubed and chilled
- 1 teaspoon fresh Florida lemon juice
- 1 tablespoon Florida flat-leaf parsley, chopped
- 1/4 cup green olives, sliced
- 3 tablespoons capers, drained
- 4 strips cooked bacon, crumbled

Season fillets with salt and pepper and dredge in rice flour. Heat oil and butter in a large sauté pan over medium heat. When butter foams, add fillets; cook 4

minutes per side or until opaque in center. Transfer fillets to a platter and keep warm. To make the sauce, add the wine and shallot to saucepan; bring to a boil over medium heat and cook until reduced by 1/2. Add the cream and cook sauce until just thickened. Reduce heat to low; add cubed butter a little at a time whisking until blended into a smooth sauce. Stir in lemon juice, parsley, olives, capers, and bacon. Spoon the sauce over the fillets and serve. Yield: 4 servings

Nutritional Value Per Serving: Calories 605, Calories From Fat 370, Total Fat 42g, Saturated Fat 21g, Trans Fatty Acid 1g, Cholesterol 148mg, Total Carbohydrates 18g, Protein 37g, Omega 3 Fatty Acid 0.18g

Grouper al Grecque

- 1 tablespoon olive oil
- 4 6-ounce Florida grouper fillets
- 1 Florida onion, thick sliced
- 3 cloves Florida garlic, sliced
- 6 ounces tomato paste
- 1/2 cup dry white wine
- 1/3 cup clam juice or chicken stock
- 2 tablespoons Florida lemon juice
- 1/4 teaspoon cumin
- 1/4 teaspoon cinnamon
- fresh ground black pepper
- 1/2 cup feta cheese, crumbled
- 1/3 cup chopped walnuts, toasted
- 3 tablespoons Florida cilantro or parsley, chopped



In a heavy sauté pan, sauté fillets in oil over high heat 3-5 minutes until browned. Remove fillets and set aside. Over medium heat, sauté onion and garlic 4-5 minutes until tender. Add tomato paste, wine, clam juice or stock, lemon juice, cumin, cinnamon and pepper to taste. Bring to a boil then lower heat and simmer, covered, for 10 minutes; stir frequently. Add fillets to pan; simmer until heated through. Serve topped with feta cheese, walnuts and cilantro. Yield: 4 servings

Nutritional Value Per Serving: Calories 388, Calories From Fat 143, Total Fat 16g, Saturated Fat 4g, Trans Fatty Acid 6g Cholesterol 0mg, Total Carbohydrates 17g, Protein 40g, Omega 3 Fatty Acid 0.9g

Florida Grouper Coconut Florentine



- 2 tablespoons olive oil
- 4 6-ounce Florida grouper fillets
- 2 cloves Florida garlic, crushed
- 1 teaspoon fresh Florida ginger, peeled and grated
- 1/2 cup Florida red onion, diced and divided
- 1 1/2 cups canned light coconut milk
- 2 tablespoon fresh Florida lime juice
- 1/2 cup fresh Florida cilantro, chopped
- 1 teaspoon soy sauce
- 1 splash hot pepper sauce
- 4 Florida plum tomatoes, diced
- 1 Florida red bell pepper, diced
- 1 Florida green bell pepper, diced
- 1 10-ounce bag Florida spinach, washed

In large sauté pan over medium-high heat, sauté fillets in 1

tablespoon olive oil 2-3 minutes per side until browned. Remove fillets and set aside. Add garlic, ginger and 1/4 cup onion to pan; cook until tender. Add coconut milk, lime juice, cilantro, soy sauce, and hot pepper sauce. Bring to a boil and add fillets; simmer 1 minute until fillets are opaque in center. In a separate large sauté pan, heat remaining 1 tablespoon of olive oil over medium-high heat. Sauté remaining 1/4 cup onion, tomatoes, bell peppers and spinach until greens are just wilted. Serve fillets on a bed of spinach mixture. Yield: 4 servings.

Nutritional Value Per Serving: Calories 465, Calories From Fat 220, Total Fat 25g, Saturated Fat 18g, Trans Fatty Acid 0g, Cholesterol 80mg, Total Carbohydrates 16g, Protein 49g, Omega 3 Fatty Acid 0.12g

Onion Crusted Grouper with Roasted Corn and Peppers

- 2 tablespoons olive oil
- 1 cup Florida red bell pepper, chopped
- 1 cup Florida green bell pepper, chopped
- 2 cups fresh Florida corn kernels
- 1 cup Florida onion, diced
- 1 teaspoon salt, divided
- 1 teaspoon fresh-ground black pepper, divided
- 1 teaspoon dried thyme, divided
- 4 6-ounce grouper fillets
- 1/2 cup french-fried onion rings, crushed



Heat oven to 450° F. Combine 1 tablespoon of the olive oil with red and green bell peppers, corn, onion and 1/2 teaspoon each of the salt, pepper, and thyme in a large ovenproof pan. Roast mixture in the oven until the corn and peppers start to brown, about 12 minutes, stirring twice. Coat fillets with remaining 1 tablespoon of oil and remaining 1/2 teaspoon of salt, pepper and thyme. Top with crushed onion rings. Remove roasting pan from oven; spread corn-and-pepper mixture to sides of the pan. Place fillets in middle of pan; return to oven and cook 10 minutes until fillets are opaque in the center. Serve fillets on a bed of roasted vegetables. Yield: 4 servings

Nutritional Value Per Serving: Calories 481, Calories From Fat 206, Total Fat 23g, Saturated Fat 5g, Trans Fatty Acid 0g, Cholesterol 62mg, Total Carbohydrate 30g, Protein 39g, Omega 3 Fatty Acid 0.01g