

# Grouper

**Scientific names:** *Epinephelus morio*; *Mycteroperca bonaci*

**Market name:** *Grouper*

**Common names:** *Red grouper (pictured); black grouper, gag*



## The Grouper Story

Groupers belong to one of the largest and most widely distributed families of fish, the sea basses. Red grouper (*Epinephelus morio*) is the most frequently seen grouper in the marketplace and is valued for its availability, flavor and size.



Because of limited commercial supplies of the true black grouper (*Mycteroperca spp.*), it has largely been replaced by the gag (*M. microlepis*), which offers similar edibility and value. Some processors call gag "the grouper of choice," since it offers better yield and firmer meat. It is referred to in the market as black grouper. Market size for black grouper is around 20

pounds, and red grouper is marketed at anywhere from 5 to 15 pounds.

Groupers are found in temperate waters from the Mid-Atlantic States and Florida to South America, Central America and the Gulf of Mexico. Groupers are typically caught by hook and line.

### Product Profile

Groupers have a mild but distinct flavor, somewhere between bass and halibut. The taste of most groupers is similar, with slight differences in flavor and texture, depending on size, species and location of harvest. Red grouper is sweeter and milder than black grouper, and many consider reds the better of the two.

Once the skin is removed from the fish, it's hard to tell red and black grouper apart, but black grouper does have firmer meat in the fresh state. The raw meat of both is white and lean with a notable lack of bones. Cooked, the white meat has a very firm texture and heavy flake and remains moist.

#### FLAVOR



#### TEXTURE



### Primary Product Forms

#### Fresh

Whole  
Dressed  
H&G  
Fillets  
Fingers

#### Frozen

Dressed  
H&G  
Fillets  
Fingers

### You Should Know...

Groupers, particularly large reds, are prone to parasites in the summer. They pose no health hazard to humans when properly cooked or

frozen. Being a reef fish, grouper can also cause ciguatera poisoning, though incidences are rare.

### Cooking Tips & Methods

In the South, blackened grouper is a favorite preparation, but this versatile fish can be fried, grilled, skewered or used in chowders and soups. Larger whole grouper can be roasted, and large fillets should be butterflied before grilling because of their thickness. Grouper is very forgiving; it can be overcooked and still remain moist.

- Bake  Poach
- Broil  Sauté
- Fry  Smoke
- Grill  Steam

**Substitutions** *Sea bass, Dogfish, Mahimahi*

<b>Nutrition Facts</b>	
SERVING SIZE: 100G/3.5 OZ. (raw)	
<b>AMOUNT PER SERVING</b>	
Calories	90
Fat Calories	9
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	35 mg
Sodium	55 mg
Protein	19 g
Omega-3	0.2 g

### GLOBAL SUPPLY

Ecuador  
Honduras  
Mexico  
Nicaragua  
Panama  
United States

- Farmed
- Wild
- Farmed and Wild



### SEASONAL AVAILABILITY

Fresh ■

Froz. ■

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fresh											
Froz.											
Supplies are often most abundant during late summer and fall.											

Fresh Black Grouper 1-2 lb. Skinless Fillet	242010	1/10 lb. Avg.
"Phillips" Black Grouper Fillet Skinless 8-10 oz. Frozen	246887	1/10 lb.