

Grouper

Grouper has a mild but distinct flavor, somewhere between bass and halibut. The taste of most grouper 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. 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.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Grill, Steam
Texture	Medium/Firm
Flavor	Mild
Availability	January - December
Scientific Name	Epinephelus morio; Mycteroperca bonaci
Location	Brazil, Ecuador, Honduras, Mexico, Nicaragua, Panama, United States