

FLORIDA SEAFOOD











Go Native

Buying Guide













WWW.FL-SEAFOOD.COM

Florida Department of Agriculture and Consumer Services

Name	Appearance	Texture Cooked	Flavor	Recipe Substitutes
AMBERJACK 	Raw: Grey/white Cooked: White	Firm	Mild	Mahi-mahi Mullet Tilefish
BLUE CRAB (HARD) 	Raw: White Cooked: White	Delicate Moist Flaky	Mild Sweet	Stone crab claws Spiny lobster Shrimp
CLAMS 	Raw: Ivory to yellow-gold Cooked: Tan	Mild Sweet to salty	Soft	Scallops Oysters
FLOUNDER 	Raw: White Cooked: White	Firm Small flake	Mild Sweet	Pompano Grouper Snapper
GROUPE 	Raw: White Cooked: White	Firm Large flake Moist	Mild Sweet	Snapper Mahi-mahi Tilefish
KING MACKEREL 	Raw: Grey with dark bands Cooked: Off-white	Soft Flaky Moist	Full	Swordfish Spanish mackerel
MAHI-MAHI 	Raw: Pink Cooked: Off-white	Firm Large flake Moist	Mild	Pompano Grouper
MULLET 	Raw: Grey/white Cooked: White	Firm Small flake	Mild	Mackerel Pompano
OYSTERS 	Raw: Ivory, tan or grey Cooked: Ivory, tan or grey	Firm Meaty	Mild Salty	Clams
POMPANO 	Raw: White Cooked: White	Firm Small flake	Mild	Mahi mahi Snapper Flounder

Note: Illustrations not to scale

Name	Appearance	Texture Cooked	Flavor	Recipe Substitutes
ROCK SHRIMP 	Raw: White Cooked: White	Firm	Mild Sweet Lobster-like	Shrimp Spiny lobster
SHARK 	Raw: White Cooked: White	Firm Dense Moist	Full Slightly sweet	Swordfish Yellowfin tuna
SHRIMP 	Raw: Pink-white to grey Cooked: White	Firm Tender	Mild Sweet	Spiny lobster, Rock shrimp
SNAPPER 	Raw: Pink-white Cooked: White	Firm Medium flake	Mild Sweet	Grouper Pompano Tilefish
SPANISH MACKEREL 	Raw: Grey with dark bands Cooked: Off-white	Soft Medium flake Moist	Full	Mullet King mackerel
SPINY LOBSTER 	Raw: Pink-white Cooked: White	Firm Dense	Mild Sweet	Blue crab Rock shrimp Shrimp
STONE CRAB 	Raw: White Cooked: White	Firm	Mild Sweet	Blue crab Spiny lobster
SWORDFISH 	Raw: White to pink Cooked: Off-white	Firm Dense	Full Slightly sweet	Yellowfin tuna Shark
TILEFISH 	Raw: Pink-white Cooked: White	Firm Moist Small flake	Mild	Grouper Snapper
YELLOWFIN TUNA 	Raw: Dark red Cooked: Red to light grey	Firm Moist Dense Large flake	Mild to full	Swordfish Mahi-mahi Shark

Buying and Storing Tips

Fish and Shellfish

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of refrigerator at 32° F for up to 2 days.
- To freeze, wrap tightly to prevent freezer burn and store at 0° F for up to 2 months. Thaw in the refrigerator or under cold running water.

Live Clams and Oysters

- Clams and oysters should have a mild sea breeze odor and shells should be free of cracks.
- Do not place live clams and oysters directly on ice or immerse in water to store. Avoid sudden temperature changes.
- Refrigerate at a constant 41° F in a container with the lid slightly open for up to 7 days. Drain excess liquid daily.
- Live clams and oysters should close tightly when shell is tapped. Discard any that do not close.
- Keep shucked clams and oysters refrigerated up to 5 days.

How Much to Buy

Fish (raw)		Amount per serving
Whole or drawn		3/4 to 1 pound
Dressed or cleaned		1/2 pound
Fillets or steaks		1/4 to 1/2 pound
Shellfish (raw)		Amount per serving
Shrimp	Head-on	1/2 pound
	Head-off unpeeled	1/3 pound
	Peeled deveined	1/4 pound
Oysters	In shell	6 whole
	Shucked	1/3 to 1/2 pint
Blue Crab	In shell	3 to 4 whole
	Picked meat	1/4 pound
Stone Crab	Claws	3 claws
Spiny Lobster	In shell	1 pound
Clams	In shell	6 whole
	Shucked	1/2 pint



Peel-and-eat Shrimp

Florida Seafood and a Healthy Diet

- The American Heart Association recommends eating seafood twice a week in a well-balanced heart-healthy diet.
- Seafood is an excellent source of high-quality protein and essential nutrients for maintaining good health.
- Lean, low-fat seafood choices include flounder, grouper, mahi-mahi, pompano, snapper and all shellfish.
- Seafood is low in calories, saturated fat and sodium and a source of vitamins, minerals and omega-3 fatty acids.
- Fish with higher fat content that contain omega-3 fatty acids include mackerels, swordfish, and bluefish.

Seafood Safe Handling Tips

- Purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Marinate seafood in the refrigerator; discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion before adding raw seafood.

Seafood Portions in the Seafood Case

- Whole fish ~ fish just as it comes from the water
- Drawn fish ~ whole fish with internal organs removed
- Dressed fish ~ ready to cook whole fish with scales, head, tail and fins removed
- Fillets ~ the fleshy side meat cut lengthwise along the backbone; generally boneless meat but may contain small bones; may have skin on one side
- Steaks ~ cross-section slices of large fish; may contain a section of backbone; meat is usually 1/2 to 1 inch thick
- Shucked ~ oysters, clams or scallops with shells removed



Mahi Mahi with Papaya

Cooking Tips

To Bake or Broil

- Bake fish at 400° F or broil for 10 minutes per inch of meat thickness. If meat is more than 1/2-inch thick, turn over halfway through the cooking time.
- Bake shucked oysters or clams for 10 minutes at 450° F until opaque and edges begin to curl.
- Baste shellfish and fish with low fat content with oil or butter to retain moisture. Do not overcook as meat will toughen.
- Broil peeled shrimp, shucked oysters and shucked clams for 3 to 5 minutes. Rock shrimp cook in 1/2 the time for regular shrimp.
- When cooking fish in a sauce or foil, add 5 minutes to the cooking time.

To Fry

- To pan-fry fish, cook fillets 3 to 6 minutes per side in 1/8-inch of oil until golden and fish flakes easily.
- To pan-fry or sauté shrimp and scallops, cook for 7 to 9 minutes; shucked oysters or clams for 3 to 5 minutes.
- To deep-fry, cook breaded fish or shellfish in 365° F oil for 3 to 5 minutes or until golden brown.

To Grill

- Grill fish on a well oiled surface 4 to 6 inches above a medium-hot fire. Use a grill basket or keep skin on to prevent the meat from falling through the grill.
- Grill shrimp in a basket or on skewers over medium heat.
- Place oysters and clams directly on grill or in a grill basket.

To Steam or Poach

- To steam, season fish with herbs and spices then place in a steamer basket over simmering liquid (water with vinegar, dry wine, beer, or lemon juice added) in a saucepan. Cover and cook until meat is opaque and flakes easily.
- To poach whole fish or fillets, gently place into simmering seasoned liquid in a covered saucepan. Cook until meat is opaque and flakes easily.
- To poach or steam oysters and clams, place in simmering seasoned liquid in a covered saucepan. Cook until shells open completely. Discard any that do not open.

To Boil

- For soups, gently add fish to boiling broth; reduce heat and simmer until meat is opaque and cooked through.
- Add favorite seafood seasonings to 4 cups of water per pound of shellfish; bring to a boil. Add shrimp or lobster and simmer 3 to 4 minutes per pound until meat is opaque and cooked through. Do not overcook. Drain and rinse under cold water to halt the cooking process.

GO NATIVE!



Eat like the locals. Florida is the best place to find fresh, locally caught seafood with over 80 different seafood varieties to savor. You will enjoy the superior flavor and premium quality when you choose Florida seafood from our local waters at restaurants and seafood markets displaying the GO NATIVE! logo.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a supermarket seafood counter or a seafood retail store is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.

For women of child-bearing age and small children *there are health hazards associated with mercury in king mackerel, shark, swordfish and tilefish. For information, go the FDA food safety website: www.cfsan.fda.gov/~seafood1.html or the EPA website: www.epa.gov/waterscience/fish.*

Persons with compromised immune systems *should avoid eating raw oysters, however they can eat thoroughly cooked oysters. People in high-risk groups insistent on eating raw oysters should choose only oysters labeled "processed to reduce Vibrio vulnificus to non-detectable levels." If unsure of your risk, consult a physician. For more information, go to: www.beoysteraware.com.*

Always ask for Florida seafood and look for the **Fresh from Florida, From Florida** or **GO NATIVE!** logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood information, recipes and brochures can be found at www.FL-Seafood.com.



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