



Grilled Whole Snapper

Florida Seafood at Your Fingertips **LIVE!**

Difficulty: Moderate

Total time: 40 minutes

Servings: 4-6

Ingredients:

For the Fish

3 small fish weighing 1¼ to 1½ pounds

½ cup olive oil

½ tbsp celery salt

½ tbsp red pepper flakes

½ tbsp paprika

½ tbsp black pepper

1 tsp coarse salt

2 or 3 limes

6 cloves garlic

Aluminum foil

For the Corn

5 ears corn

1 tbsp chili powder

1 1/2 tbsp coarse salt

1 stick unsalted butter

1 lime

Instructions:

1. Set up the grill for medium-high heat (400F or 205C).

For the corn:


2. Pull the outer husks down the ear to the base, and remove the silk from each ear of corn. Fold husks back and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.

3. Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes. Corn is ready when kernels feel tender if pierced with a sharp knife.

4. Place the chili powder, ½ tablespoon of salt, and butter in a pot, melt and stir at low heat on the stove. Once the butter has melted, you can remove from stove and let it sit. Once the corn is ready, remove the husks and pour the butter on the corn.

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For the fish:

1. Rinse the fish under cold running water, and then blot dry, inside and out, with paper towels. Make a series of 3 or 4 deep parallel slashes to the bone.
4. In a bowl, combine the celery salt, pepper flakes, paprika, black pepper, and coarse salt. Place the fish in a baking dish, and rub the fish with the spices, including the cavity of each fish. Cut two of the limes into wheels (thin oval slices), and place 2 or 3 pieces into the cavity of each fish. Remove outer shell of the garlic cloves, cut in slices and place some inside the cavity of fish and some inside the slashes on each side of the fish.
5. Using a spoon and your hand, coat the fish with olive oil, inside and out.
6. Cut one large sheet of aluminum foil per fish, place each fish on the sheet, and carefully wrap the fish in the foil.
7. Place the fish on the grill, and cook for 6 to 10 minutes per side, depending on the size of the fish. To test for doneness, open a section of the foil, the flesh will come cleanly away from the bones when pried loose with the tip of a paring knife.

Florida Seafood at your Fingertips Species Profile:

In Florida, there are many different snapper species. Some of the most common are mangrove, lane, red, yellowtail, and mutton. Snappers, depending of the species, can be found in coastal and offshore waters, from sand bottoms to near structures. One of the largest snappers is the Cubera snapper which can weigh up to 125 pounds, but it is not a common species. Red snapper is perhaps the most common snapper sought by consumers and anglers. This species can grow up to 36 inches and weight more than 35 pounds.

Snappers are similar in shape and their distinct coloration and markings make them easy to identify. A great resource to learn about the different species of snappers in the coastal and federal waters of Florida is the Florida Fish and Wildlife Conservation Commission's species profiles website.

The U.S. Department of Agriculture says the general population should eat at least 8 ounces of seafood per week, aiming to take in at least 250 mg per day of omega-3 fatty acids. Snapper is a great source of these healthy omega-3s, with only ~218 calories in a plain 6 oz. serving, so eat up!

Where to buy:

Snapper is a popular seafood among consumers and can be found at almost any place that sells seafood, such as major grocery chains and local seafood markets. Florida snappers are harvested at different times in different places

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throughout the year, so availability might vary depending where you live. Find out more, including tips for buying in-season with the best quality, at <https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Seafood-Products>.


How to catch:

It is possible to fish for your own snapper in Florida, however snappers are managed differently in the Gulf versus the Atlantic, and in state versus federal waters. Gulf state waters are from shore to 9 nautical miles, and Atlantic state waters are from shore to 3 nautical miles. All anglers on the Atlantic and Gulf coasts of Florida who intend to fish for or harvest certain reef fish such as snappers from a private vessel are required to obtain the State Reef Fish Angler designation. You can learn more about this here. If you are interested in catching your own snapper, make sure you follow fishing regulations found at <http://www.eregulations.com/florida/fishing/saltwater/>.

Sustainability:

The commercial snapper fishery in the U.S. is managed under a U.S. fishery management plan, therefore it is sustainable. You can learn about sustainability, nutrition, population status and other facts about snappers that are fished commercially at <https://www.fishwatch.gov/>.

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