



Seared Florida Grouper with Arugula

Ingredients

- 1 ½ Pounds grouper, cut into four 6-ounce fillets
- Canola or olive oil for cooking
- 12 Ounces arugula, washed and dried
- 1 Lemon, juiced
- Sea salt to taste
- Fresh ground pepper to taste

Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each grouper fillet with salt and pepper. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked grouper fillets from pan and let cool slightly.

In a medium-sized mixing bowl, add arugula, one teaspoon oil and the lemon juice. Season the arugula lightly with the salt and pepper. Mix the arugula to evenly coat and adjust seasoning with salt and pepper. To serve, place an even amount of arugula on each plate and top with grouper fillet. Serve dish with grilled or roasted Florida vegetables.

Yield

4 servings



Pan Roasted Florida Grouper

Ingredients

- 1 ½ Pounds grouper, cut into four 6-ounce fillets
- Canola or olive oil for cooking
- Corn starch for dusting
- Sea salt and fresh ground pepper to taste
- 2 Lemons, quartered for garnish

Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each grouper fillet with salt and pepper and dust each fillet with corn starch. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked grouper fillets from pan and let cool slightly. Serve grouper fillets with fresh lemon.

Yield

4 servings



Honey Orange Glazed Florida Grouper

Ingredients

- 1 Tablespoon honey
- 1 Tablespoon orange marmalade
- 1 Tablespoon orange juice
- ¾ Teaspoon Dijon mustard
- ½ Teaspoon light soy sauce
- ⅛ Teaspoon ground white pepper
- ¾ Pound grouper fillets

Preparation

Preheat broiler. Combine all ingredients except grouper, mixing well. Place fillets on an oiled broiler pan and brush fillets with honey glaze to cover. Broil 5 to 6 inches from heat for 4 to 5 minutes until browned. Turn fillets, brush with honey glaze and broil additional 5 minutes or until fish flakes easily.

Yield

4 servings