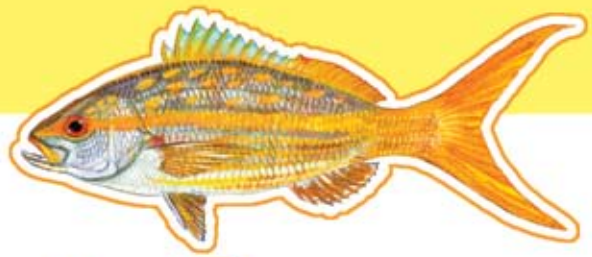


Buying and Preparation Tips

- Look for these signs of quality when purchasing yellowtail snapper fillets: flesh that is firm and not separating, fresh sea breeze smell, and no discoloration.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh yellowtail snapper in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze yellowtail snapper, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to four months. Thaw in the refrigerator or under cold running water.
- Try rubbing your favorite Jamaican jerk spice blend on yellowtail snapper. After rinsing the fillet under cold running water, shake the seasoning directly on the fish and gently rub into the flesh.
- Yellowtail snapper is cooked when its meat flakes easily with a fork, and loses its translucent or raw appearance. All fish should be thoroughly cooked.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 350°- 450° F. If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.



YELLOW TAIL SNAPPER



Ask for



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Charles H. Bronson, Commissioner

Yellowtail Snapper and Pasta Pinwheels

- 1^{1/2} pounds cooked, flaked Florida yellowtail snapper
- 1 cup mayonnaise
- 1/2 cup finely minced green onions
- 1/2 cup finely minced celery
- 1/2 cup finely minced delicatessen-style dill pickles
- 1/4 teaspoon dried dill weed
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1/4 cup toasted slivered almonds
- 9 lasagna noodles
- 2 teaspoons paprika
- Bibb lettuce (garnish)

In medium mixing bowl, combine all ingredients except noodles, paprika and lettuce. Mix well. Cook noodles according to package directions. Drain, pat dry, dip curly edges in paprika and arrange flat on work surface. Spread filling over noodles leaving one inch border on one short end. From borderless end, roll up noodle tightly. Place seam side down. Cover and chill 1 to 2 hours. To serve, arrange lettuce on individual plates. Cut each roll in half and arrange with cut side down on lettuce. Serve as first course.
Yield: 6 servings.

Per serving: calories 449, calories from fat 297, total fat 33g, saturated fat 5g, cholesterol 24mg, total carbohydrate 32g, protein 8g.



YELLOWTAIL SNAPPER

Eat Seafood Twice a Week...
It's Good For Your Heart

Basil Broiled Yellowtail Snapper

- 2 pounds Florida yellowtail snapper fillets
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup margarine or butter, melted
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- Basil Butter (recipe to follow)

Sprinkle fish with salt and pepper. Place fish, single layer, on lightly oiled broiler pan. Combine margarine, soy sauce, and lemon juice. Brush half the sauce on top side of fish; broil 4 inches from source of heat for 4-5 minutes. Turn and brush with remaining sauce; broil 4-5 minutes longer or until fish flakes easily with a fork. Top each serving with equal amounts of Basil Butter.
Yield: 6 servings.

Per serving: calories 221, calories from fat 90, total fat 10g, saturated fat 5g, cholesterol 77mg, total carbohydrate .37g, protein 31g.

Basil Butter

Combine 1/2 cup margarine with 1 tablespoon dried basil; mix well. Yield: 1/2 cup.

Per serving: calories 136, calories from fat 135, total fat 15g, saturated fat 10g, cholesterol 41mg, total carbohydrate .01g, protein .16g.



Find more recipes at
www.FL-Seafood.com