

Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



Black Grouper

Available through the month of May 2022

Scientific name: *Mycteroperca Bonaci*

SFC sources it from: Nicaragua (3-5#)

First PO: Sunday, May 1st

Fun Facts:

- ✔ Similar to most groupers, these fish start out as females, and then at a certain age and size, become males.
- ✔ Black grouper fish prefer rocky bottoms around reefs in the Western Atlantic, where they eat smaller fish and crustaceans. Their depth ranges from anywhere from 19 to 108 feet (6 to 33 meters).
- ✔ The fish are characterized by small eyes over a protruding lower jaw with an olive gray color, dark blotches and bronze hexagonal shapes on its head and sides. They can grow to up to 52 inches long and weigh up to 180 lbs.

Cooking:

- ✔ This type of fish has a very mild flavor (somewhere in between seabass and halibut)
- ✔ They have a light, sweet taste and large, chunky flakes, almost like lobster or crab.
- ✔ Black grouper is very easy to prepare (bake, broil, fry, grill or steam)
- ✔ Grouper is considered a good source of vitamin B6, vitamin B12, phosphorus, potassium, and selenium.

Please contact a Seattle Fish Co. Sales Rep to learn more about our products.

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