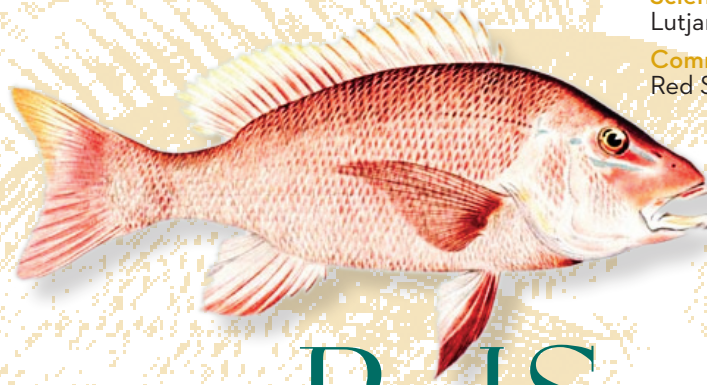




Market Name
Snapper

Scientific Name
Lutjanus campechanus

Common Name
Red Snapper



Red Snapper



Red snapper populations range from North Carolina to the Florida Keys and throughout the Gulf of Mexico to the Yucatan. They are long-lived: maximum age reported is 57 years in the Gulf of Mexico; the maximum of 54 years in the South Atlantic. Red Snapper has a moderate growth rate and can grow to 40 inches and weigh up to 50 pounds. Typically most commercial-sized Snapper is between 2 to 4 pounds, producing an average 10 oz. fillet. The Gulf and South Atlantic red snapper populations are currently at very low levels; NOAA Fisheries Service also recently announced a temporary regulation to prohibit fishing for red snapper in the South Atlantic for six months beginning in January 2010. The fishery will be closed to protect the species from overharvest while managers determine long-term solutions to address the critical condition of red snapper. Rastelli Seafood only purchases from reliable legal commercial vessels out of the Gulf of Mexico. We respect and support these initiatives for repopulation of this species.

NUTRITIONAL INFORMATION

Serving Size: 3.5 oz.

Amount Per Serving

Calories 100 **Calories From Fat** 12.1

% Daily Value*

Water	76.87g	
Total Fat	1.34g	2%
Saturated Fat	0.3g	2%
Cholesterol	37mg	12%
Protein	20.51g	41%
Iron	0.18mg	1%
Sodium	64mg	3%
Omega-3	0.315g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

the taste of fresh

RED SNAPPER SERVING SUGGESTION

GRILLED RED SNAPPER WITH CHILLED ORANGE, PAPAYA AND HONEY CHUTNEY



what you need to know about red snapper

Many fish that are red are passed off as red snapper in the marketplace, but the only species that can be legally labeled red snapper is

the American red snapper, *lutjanus campechanus*.

Red snapper with country of origins Venezuela and Brazil are *lutjanus purpureus* and are not allowed to be labeled as red snapper. Red snapper have trademark red skin and red eyes and come from waters off the Southeast Atlantic and Gulf States and Mexico.

Red Snapper is mostly sold with the skin on to identify the fish. Snapper is low in saturated fat and sodium and is a very good source of protein. If you purchase skin on snapper fillets with the skin scored by the processor, this is an indication that this is not true red snapper but a substitute. This is done to prevent the skin from curling when cooking; true red snapper skin will remain smooth after cooking.



2 lbs. **Red Snapper Fillets**, skin on
1/2 C Bermuda onion, medium diced
1 tbsp. fresh cilantro, chopped
1 papaya, medium diced
1 C mandarin orange sections
4 tbsp. fresh lime juice
4 tbsp. honey
Pinch of brown sugar
1-2 tbsp. olive oil
Salt and pepper

PREPARATION: In a medium-size, non-metal bowl, combine onions, papaya, mandarin oranges, cilantro, limejuice, honey and brown sugar and let stand in refrigerator for at least one hour before serving. Preheat grill to medium-high heat. Cut snapper fillets in half, leaving skin on. Brush fillets with oil and season with salt and pepper. Place snapper fillet meat-side down, 3-4 inches away from heat source on well-oiled grill top and cook for 2-3 minutes. Turn over and cook for an additional 2-3 minutes, being careful not to burn skin side. Plate one piece of snapper, skin-side down, and top with fruit chutney. Place second piece of snapper over chutney, topping off with additional chutney. Yields 4 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION



Rastelli Seafood LLC, Egg Harbor City, NJ