



Fresh. Simple. Sustainable.

Grilled Grouper with Sweet and Spicy Mango Salsa Grits and Pinecones

Grouper

1-2 pounds grouper fillets 1-2 inches thick, or 4 (4-8 oz) fillets
½ tsp Old Bay Seasoning
½ tsp Lemon Pepper
½ tsp kosher salt
½ tsp garlic powder
¼ cup melted unsalted butter

Mango Salsa

2 mangos ripe, peeled and diced
½ red bell pepper seeded and diced
½ green bell pepper seeded and diced
2 jalapenos with the ribs and seeds removed and finely diced
1 shallot finely minced
2 cloves garlic finely minced
4 Tbsp fresh Italian parsley chopped
½ cup crushed pineapple with juice
4 tsp fresh lemon or lime juice
salt and pepper optional, to taste

Add the mango, red and green bell pepper, jalapeno, crushed pineapple and juice, garlic, shallots, lemon or lime juice, and parsley to a large bowl and mix well.

Taste and add salt and pepper if needed. The salsa can also be made 24-48 hours ahead of time to allow the flavors to develop.

You will have the best results when cooking fish on the grill if you use a fish grate or wire fish basket. If you don't have either of these, make sure your grill grate is squeaky clean. Liberally oil the grill grate using tongs holding a folded paper towel that has been soaked in vegetable oil, to ensure your fish doesn't stick.

Preheat the grill to high, which is between 400° and 425°. If you are using a fish grate or basket, preheat the grill first. Then spread a liberal amount of vegetable oil on the fish grate or basket and then place it on the grill grate to heat up before adding your fish.

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Season both sides of the fillets with kosher salt, lemon pepper, Old Bay Seasoning, and garlic powder. Then brush melted butter on both sides.

When your grill and fish grate are hot, add the fillets and close the lid. Depending on the thickness of the fillet and how hot your grill is, your fish should take about four minutes per inch of thickness per side.

Before you turn the fillets over, brush the top side again with the melted butter. After turning it over, brush butter on the bottom side.

To check to see if the grouper is done, take a fork and gently pull back a section in the center. It should flake easily. If the fish is opaque with just a bit of translucent center, it's ready to come off. The goal is to pull the fish off right before it finishes cooking and then let it rest loosely covered with aluminum foil for about 10 minutes. It will finish cooking while it rests.

To serve, place a fillet on a plate and spoon the salsa over the top. Enjoy!