GULF COAST SEAFOOD SPECIES CHART

SPECIES		FLAVOR	TEXTURE	COOKING	SIMILAR SPECIES	SEASONS / STATES			
BLUE CRAB		Mild, sweet	Delicate, tender	Bake, blacken, boil, broil, deep fry, grill, sauté, sear, steam	Stone Crab, Spiny Lobster, Shrimp	J GULF F GULF M GULF	A GULF M GULF J GULF	J GULF A GULF S GULF	O GULF N GULF D GULF
BLUE CRAB, SOFT SHELL		Mild, sweet	Delicate, tender	Bake, blacken, boil, broil, deep fry, grill, sauté, sear, steam	Stone Crab, Spiny Lobster, Shrimp	J F M FL / LA	A FL / LA / MS M AL / FL / LA / MS J AL / FL / LA / MS	J AL / LA / MS A AL / LA / MS S LA / MS	O LA N LA D
DRUM, BLACK		Mild, sweet	Firm flesh, rendering large, moist and meaty flakes	Bake, blacken, boil, broil, deep fry, grill, poach, raw, sauté, sear, steam	Grouper, Red Drum	J AL / LA / TX / MS F AL / LA / TX / MS M AL / LA / TX / MS	A AL / LA / TX M LA / TX J LA / TX	J LA / TX A LA / TX S LA / TX	O LA / TX / MS N AL / LA / TX / MS D AL / LA / TX / MS
DRUM, RED*		Mild, sweet	Firm, moist and flaky	Bake, blacken, boil, deep fry, grill, poach, sauté, sear, steam	Grouper, Snapper	J MS F MS M MS	A M J	J A S	O MS N MS D MS
CLAM		Rich, sweet to slightly salty	Firm	Grill, roast, steam	Oyster	J FL F FL M FL	A FL M FL J FL	J FL A FL S FL	O FL N FL D FL
CRAWFISH	**	Rich and luscious	Tender, semi-firm	Bake, blacken, boil, broil, deep fry, sauté, sear, steam	N/A	J F M	A LA M LA J LA	J LA A S	O N D
FLOUNDER*		Mild	Lean, delicate and flaky	Bake, blacken, boil, deep fry, grill, poach, sauté, sear, steam	Pompano	J TX F TX M TX	A TX M AL / FL / TX J AL / FL / TX / MS	J AL / FL / TX / MS A AL / FL / TX / MS S AL / TX / MS	O AL / FL / LA / TX N AL / FL / LA D LA / TX
GROUPER*		Mild, sweet	Extra lean, firm, moist and flaky	Bake, blacken, boil, broil, deep fry, grill, sauté, sear, steam	Mahi-Mahi (Dolphinfish), Snapper	J FL F FL M FL	A FL M FL J FL	J FL A FL S FL	O FL N FL D FL
KING MACKEREL*		Rich, savory	Firm, moist and flaky	Bake, broil, deep fry, poach	Mullet, Swordfish, Tuna	J FL F FL M FL	A FL M FL J FL	J AL / FL / LA / TX A AL / FL / LA / TX S AL / FL / LA / TX	O FL N D FL
MAHI-MAHI (DOLPHINFISH)		Mild, slightly sweet	Extra lean, firm, moist and flaky	Bake, blacken, broil, deep fry, grill, sauté, sear	Grouper, Snapper	J F M	A FL M FL J FL / LA	J FL / LA A FL S	O N D
MULLET		Mild	Firm, light flake	Bake, blacken, boil, broil, deep fry, grill, sauté, sear, steam	Mackerel, Swordfish, Tuna	J FL / AL F FL / AL M FL / AL	A FL / AL M FL / AL J FL / AL	J FL / AL A FL / AL S FL / AL	O FL / AL / MS N FL / AL / MS D FL / AL / MS
OYSTER		Rich, with a touch of salt	Tender to firm	Bake, broil, deep fry, grill, raw, sauté, steam	Clam	J GULF F GULF M GULF	A GULF M GULF J GULF	J GULF A GULF S GULF	O GULF N GULF D GULF
POMPANO		Mild, sweet	Extra lean, firm, moist, small flake	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Flounder, Mahi-Mahi (Dolphinfish), Snapper	J FL F FL M FL	A FL M J	J A LA S AL / LA	O AL / LA N AL / LA D
SHEEPSHEAD		Mild, sweet	Firm	Broil, deep fry, grill, sauté	Black Drum, Grouper, Red Drum	J AL F AL M AL	A AL M J	J A S	O N AL D AL
SHRIMP, BROWN	***	Strong, slightly salty, with a pure, 100%-natural flavor	Firm—never stringy or mushy	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Blue Crab, Pink Shrimp, Rock Shrimp, White Shrimp, Spiny Lobster	J GULF F GULF M GULF	A GULF M GULF J GULF	J GULF A GULF S GULF	O GULF N GULF D GULF
SHRIMP, PINK	***	Mild, sweet	Firm, tender	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Blue Crab, Brown Shrimp, Rock Shrimp, White Shrimp, Spiny Lobster	J AL / FL F AL / FL M AL / FL	A AL / FL / TX M AL / FL / TX J AL / FL / TX	J AL / FL / TX A AL / FL / TX S FL	O FL N FL D FL
SHRIMP, ROCK	***	Sweet	Firm, lobster-like	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Blue Crab, Pink Shrimp, Brown Shrimp, White Shrimp, Spiny Lobster	J FL F FL M FL	A FL M FL J FL	J FL A FL S FL	O FL N FL D FL
SHRIMP, WHITE	***	Mild, with a 100%-natural sweetness	Slightly more tender than other shrimp, with shells that are easier to peel	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Blue Crab, Pink Shrimp, Brown Shrimp, Rock Shrimp, Spiny Lobster	J GULF F GULF M GULF	A GULF M GULF J GULF	J GULF A GULF S GULF	O GULF N GULF D GULF
SNAPPER*		Distinctly sweet, mild flavor	Extra lean and moist, semi-firm	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	Grouper, Mahi-Mahi (Dolphinfish)	J GULF F GULF M GULF	A GULF M GULF J GULF	J GULF A GULF S GULF	O GULF N GULF D GULF
SNAPPER, YELLOWTAIL		Distinctly sweet, mild flavor	Extra lean and moist, semi-firm	Bake, blacken, boil, deep fry, grill, poach, raw, sauté, sear, steam	Grouper, Mahi-Mahi (Dolphinfish)	J FL F FL M FL	A FL M FL J FL	J FL A FL S FL	O FL N FL D FL
SPANISH MACKEREL*		Rich, savory	Firm, moist and flaky	Bake, broil, deep fry, poach	Mullet, Swordfish, Tuna	J FL F FL M FL	A AL / MS M AL / MS J AL / MS	J AL / MS A AL / MS S AL / MS	O AL / FL N AL / FL D FL
SPINY LOBSTER		Rich, sweet and distinctive	Lean, firm bite, coarse	Boil, grill	Blue Crab, Stone Crab, Shrimp	J FL F FL M FL	A M J	J A FL S FL	O FL N FL D FL
SPOTTED SEA TROUT*		Mild, sweet	Delicate	Bake, blacken, boil, deep fry, grill, poach, sauté, sear, steam	Grouper, Red Snapper	J F MS M MS	A MS M MS J MS	J MS A MS S MS	O N D
STONE CRAB		Sweet	Firm	Pre-cooked	Blue Crab	J FL F FL M FL	A FL M J	J A S	O FL N FL D FL
SWORDFISH		Flavorful, slightly sweet	Firm, meaty and moist	Bake, blacken, boil, broil, deep fry, grill, poach, sauté, sear, steam	King Mackerel, Yellowfin Tuna	J LA F FL / LA M FL / LA	A FL / LA M FL / LA J FL / LA	J FL / LA A FL / LA S FL / LA	O FL / LA N FL / LA D FL / LA
YELLOWFIN TUNA		Mild and meaty	Extra lean, very firm and moist, creating large flavorful flakes	Bake, blacken, boil, broil, deep fry, grill, poach, raw, sauté, sear, steam	King Mackerel, Mahi-Mahi (Dolphinfish), Swordfish	J LA F LA M LA	A LA M LA J FL / LA	J FL / LA A FL / LA S FL / LA	O FL / LA N LA D LA

PEAK SEASON

IN SEASON

Availability:
Can be affected by weather and other conditions, as well as quota limits.
All species available frozen year round.
*Subject to quota closures. **Crawfish artwork used with permission © 2012 Jonathan Higgins. ***NOAA FishWatch.gov

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FLAVOR FULL

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