



TRIPLETAIL

Lobotes surinamensis

Product of Panama

**7834716 Fresh Skin On PENDING Fresh Skin Off
Wild Caught 2-4 LB Fillets**

Tripletail reach a maximum size of 40 pounds although the average size is much smaller. Tripletail, as the name implies, have a body that appears to have three tails. This is actually just the anal and dorsal fins. Tripletail are common in the Gulf of Mexico but are a species that gets little fishing pressure.

Tripletail is an exceptional good eating fish. Only restaurants that actively work the market every day buy it. In fact, finding tripletail on a menu usually means you're in a pretty good place. Tripletail seems to be best cooked in the sauté pan and served with a sauce on the buttery end of the spectrum. It can also be blackened or bronzed. (K-Paul's used to have some fun by calling it "reddened blackfish.") However, its texture makes it tend to fall apart on a grill. The flavour is excellent.

Key West Baked Tripletail

1/2 cup softened butter	2 teaspoons onion powder
4 (8 ounce) fillets Triple Tail	1/4 cup key lime juice
1 teaspoon salt	1/4 cup fresh orange juice
1 tablespoon lemon pepper, or to taste	12 slices lime
2 teaspoons garlic powder	8 orange slices

Preheat oven to 325 degrees F (165 degrees C). Lightly butter a 9x13-inch glass baking dish and set aside. Season the grouper fillets with salt, lemon pepper, garlic powder, and onion powder; place into prepared baking dish. Spread about 2 tablespoons of softened butter over the top of each fillet. Pour in the lime and orange juices, then cover each fillet with 3 slices of lime, and 2 slices of orange. Bake in preheated oven until fish is opaque and flakes easily with a fork, about 20-25 minutes.