



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Spicy Grouper Bites

Serves 8

Ingredients:

1 lb. grouper, cut into 1" cubes
2 cups buttermilk
2 Tbsp. hot sauce
1 cup all-purpose flour
¼ cup corn flour
½ cup corn meal
Olive oil

Tartar Sauce Ingredients:

1 cup plain Greek yogurt
2 tsp. lemon juice
2 tsp. minced garlic
¼ cup sweet pickle relish
Salt and pepper to taste

Directions:

1. Preheat the oven to 350° F.
2. Place the cubed pieces of grouper into a shallow pan and cover with buttermilk and hot sauce. Toss to coat.
3. In a mixing bowl combine the flour, corn meal, and corn flour. Dredge each grouper piece in the flour mixture.
4. In a skillet lightly coat it with olive oil. Working in batches, add the group bites. Cook until lightly browned on each side.
5. Transfer browned bites to a baking sheet and bake at 350°F for 10-15 mins. until browned and cooked through (internal temperature of 145° F).
6. In a small mixing bowl prepare the tartar sauce: combine the Greek yogurt, garlic, relish, lemon juice, salt, and pepper.
7. Serve the crispy grouper bites with the prepared tartar sauce.