

How Much to Buy

Deciding how much seafood to buy depends on preparation and the desired size of individual servings. The quantities listed below are good portions for an adult entree. Smaller quantities are used for appetizers and casseroles where other ingredients are included.

Seafood Type	Serving Per Person
Salmon Fillets	1/3lb. -1/2 lb.
Snapper Fillets	3/4 lb. – 1 lb.
Grouper Fillets	¾ lb. – 1 lb.
Flounder Fillets	¾ lb. – 1 lb.
Snow Crabs	1 ½ lb. – 2 lb.
Blue Crabs	½ dozen - 1 dozen
Scallops	6-8 oz..
Shrimp, Peeled	6-8 oz..
Crawfish	3 lb.
Whole Fish	1/2 lb. - 1 lb.
Live Lobster	1 small to medium
Lobster, Meat	s1/4 lb. - 1/3 lb.
Oysters	1/2 dozen