

Fish & Seafood

Grilling Guide

Shrimp Kabobs with Curry Butter

Bacon Basil Shrimp on a Stick

Grilled Salmon and Ginger Sauce

Whole Salmon with Lemon and Dill

Grilled Lobster

Spiny Lobster with Cilantro and Lime

Rosemary Grilled Scallops

Oysters with Wasabi Whipped Cream

TIP



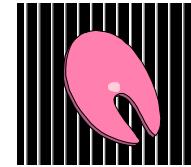
Rule of thumb when cooking fish is 10 minutes per inch of thickness.



SEAFOOD GRILLING GUIDE

Follow the diagrams for that perfect diamond patten.

Preheat grill
Brush grills with olive oil
Follow directions
Test for completeness



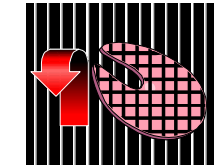
Place salmon on hot grill.



Flip salmon over at a 180 degree angle.



Flip salmon over at a 90 degree angle.



Flip salmon over at a 180 degree angle.

	Comments	Heat Setting	Time Per Side					Total Time
			A	B	C	D	E	
Fresh Salmon Fillets 3/4"	Place filets on the oiled grill skin side Down for 1 1/2 minutes. Gently remove filet from skin and turn four more times every 1 1/2 minutes.	Medium	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	7 1/2 minutes
	For larger filets turn twice at 3 minute intervals to avoid falling apart.	Medium	1 1/2		3		3	7 1/2 Minutes

FISH FILLETS AND STEAKS

	Thickness	Heat	Minutes	Comments
Fish Fillet	1/4 - 1/2"	Medium	3 - 5	Fish is cooked when it becomes opaque and flakes easily with a fork. If frozen, add 10 minutes per inch.
Fish Steak	1/2 - 1"		5 - 10	
Fish Kabobs	1" cubes		5 - 10	

WHOLE FISH

	Weight	Heat	Minutes	Comments
Fish, whole	1 lb.	Medium	15 - 20	Fish is cooked when it becomes opaque and flakes easily with a fork.
	2 - 2 1/2 lbs.		20 - 30	
	3 lbs.		30 - 45	

SEAFOOD

	Weight	Heat	Minutes	Comments
Lobster tails	5 oz.		5 - 6	Place meaty side up on cooking grate. Cook until opaque & starts to separate from the shell.
	10 oz.		10 - 12	
Shrimp			2 - 5	Should be pink and opaque when cooked.
Scallop			3 - 6	Should be white and feel firm, not hard.
Mussel			5 - 6	Discard any that do not open after grilling time.
Clam			8 - 10	
Oyster			3 - 5	

** Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.



SHRIMP KABOBS WITH CURRY BUTTER

Makes 4 servings

2	Pounds	Large shelled, deveined shrimp
		Curry Butter (see recipe below)
		Olive Oil
		Lime or Lime Wedges
		Fresh Dill or Parsley Sprigs

Preheat barbecue on PREHEAT then reduce to MEDIUM-HIGH.

Soak wooden skewers in water for 1 hour.

Prepare shrimp by gently pulling the shells away, and removing the vein with a paring knife.

Make curry butter. Thread shrimp on six 12" skewers, leaving space between pieces. Lightly brush or spray the shrimp with olive oil.

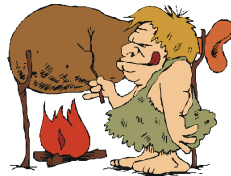
Grill until shrimp turn pink and are tender, 2 to 5 minutes, depending upon size (do not overcook). Turn skewers of shrimp once and brush with curry butter halfway through cooking time. Arrange grilled shrimp on serving plate. Garnish with lime wedges and dill.

CURRY BUTTER

½	Cup	Butter
2	Tablespoons	Finely chopped onion
1	Teaspoon	Snipped fresh dill
1 – 11/2	Teaspoon	Curry powder
	Dash	Garlic powder

Melt butter in small pan over Medium-High heat. Stir in onion, dill, curry powder and garlic powder; cook 5 minutes. Makes about ½ cup. Use as a dip with any seafood.

TIP To skewer a peeled and deveined shrimp so that it is straight, hold it in a stretched-out position with one hand. Start at the tail end and insert a bamboo or wooden skewer into the shrimp so that it runs the full length. Keep unbending the shrimp with your fingers as you go.



BACON BASIL SHRIMP ON A STICK

Makes 4 – 6 servings

24	Jumbo / Extra Large Shrimp (peeled and deveined)
24	Fresh Basil Leaves
24	Thin Slices of Bacon

Preheat barbecue on PREHEAT then reduce to MEDIUM-HIGH.

Soak wooden skewers in water for 1 hour.

Rinse the shrimp under cold running water and then drain and blot dry with paper towel. Skewer the shrimp. Place a basil leaf on the back of each shrimp. Wrap each shrimp in a slice of bacon, starting at the top and turning the skewer to wind it on.

When ready to cook, arrange the shrimp on the hot grate, placing a folded sheet of aluminium foil under the exposed portion of the skewers to keep them from burning. Grill kabobs until the bacon is nicely browned and the shrimp are cooked through, 4 to 8 minutes in all, turning the kebobs to ensure even cooking. The shrimp will be firm and white when cooked through. DO NOT OVERCOOK!

ALSO GOOD FOR: Grill scallops, chicken tenders, or cubes of pork, veal, or beef on a stick.



GRILLED SALMON WITH GINGER SAUCE

Makes 2 servings

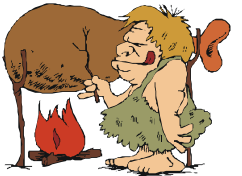
2	8 Ounce	Salmon Fillets
3	Tablespoons	Dry Sherry
2	Tablespoons	Soy Sauce
1	Tablespoon	Sesame Oil
1	Tablespoon	Fresh Garlic (finely minced)
2	Teaspoons	Butter
¼	Teaspoons	Fresh Ground Pepper
		Lemon Slices

Preheat barbecue on PREHEAT then reduce to MEDIUM-HIGH.

In a shallow glass dish or “zip-lock” bag, combine the sherry, soy sauce, sesame oil, and ginger. Place the fish in the marinade for 30 minutes.

Brush the grids with vegetable oil. Dot the salmon with butter, and grill on medium for 10 minutes, the skin should easily separate from the fish when it is cooked. Place the salmon on a platter, garnish with fresh lemon slices and serve.

TIP Fish can be placed in a wire grill basket for easier turning. Spray basket with non-stick cooking spray. Turn fish over halfway through cooking time.



WHOLE SALMON WITH LEMON AND DILL

Makes 10 to 12 servings

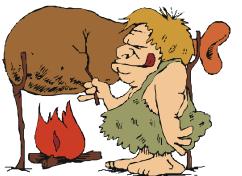
1	Whole	Salmon (7 to 9 pounds with head removed)
1	Bunch	Fresh Dill (2 tablespoons chopped the remaining in sprigs)
2		Lemons (thinly sliced and seeded)
1	Clove	Garlic (finely minced)
6	Tablespoons	Butter (melted)

Preheat the grill on PREHEAT then reduce to MEDIUM.

Cut the fins and gills off the salmon along with ragged edges on the tail by making a v-shape. Rinse the fish inside and out, under running cold water and then drain and blot dry, inside and out. Make 4 or 5 diagonal slashes to the body on each side of the fish. Stuff the cavity and slashed with the lemon slices and dill sprigs. Stir chopped dill and garlic into the melted butter. Brush the fish on both sides with some of the mixture. Season the fish generously on both sides with salt and pepper. Place the fish on aluminium foil-wrapped cardboard. Place salmon on its cardboard in the middle of the grill and cover the grill. Grill salmon until cooked through, 45 minutes to 1 hour. Baste salmon with the garlic-dill butter when you put it on the grill and then at 15 minute intervals. To test for doneness, press fish with your finger, it will break apart into clean flakes when done. Transfer the fish to a large platter; Re-season the salmon with salt and pepper.

To serve, run a knife along the backbone to separate the top fillet. Lift the bones in sections. Remove the bones and cut the fish crosswise into serving portions.

TIP To help get the fish on and off the grill, cut a large piece of cardboard into a long rectangle that's almost as long as the fish and almost as wide as the fish (you don't want to be able to see the cardboard). Warp the cardboard in several layers of heavy-duty aluminium foil, shiny side out to keep the fish from sticking.



GRILLED LOBSTER

Makes 6 servings

6	Small	Uncooked Lobster Tails (8 ounces each)
¼	Cup	Olive Oil
¼	Cup	Lemon Juice
1	Tablespoon	Fresh Dill (chopped)
	Medium	Lemons (for garnish)

Preheat barbeque on PREHEAT then reduce to MEDIUM.

Rinse lobsters and pat dry. Split lengthwise through back shell and lobster meat. Run a skewer through the length of the tail to prevent curling.

To prepare marinade, combine olive oil, lemon juice, dill, salt and pepper. Brush marinade onto the lobster meat with a basting brush. Place tails on grill, meat side down, for one minute. Then, using tongs turn shell side down for 8-10 minutes or until shell is red and meat is white. Remove skewers and serve with lemon wedges.

SPINY LOBSTERS WITH CILANTRO AND LIME

Makes 4 servings

4	Spiny	Lobster Tails (can use rock lobster)
2	Cloves	Garlic (minced)
2		Limes (cut in half)
1		Scotch Bonnet Chile (cut in half and seeded)
		Lemons (for garnish)

CILANTRO BUTTER BASTE

6	Tablespoons	Butter
2	Cloves	Garlic
3	Tablespoons	Chopped Fresh Cilantro

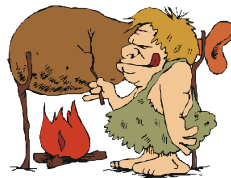
To butterfly the lobster tails use kitchen shears to make a lengthwise cut through the hard top shell. Using a chef's knife cut the tail meat in half lengthwise, slicing through the meat but not through the bottom shell. Remove the vein running the length of the tail if you can find it.

Place the lobster tails on a plate or in a baking dish. Sprinkle the lobster meat with the garlic and season with salt and pepper. Squeeze the limejuice into the Scotch Bonnet halves, and then pour the juice over the lobster meat. Let marinate in the refrigerator, covered for 30 minutes.

Prepare the cilantro butter: melt the butter in a saucepan with the garlic and cilantro over medium heat. Cook until the garlic loses its rawness, but do not let it brown, about 2 minutes. Keep warm.

Preheat the grill on PREHEAT then reduce to HIGH. When ready to cook brush oil on the grill. Brush the cut side of the lobster tails with some of the cilantro butter, place cut-side down on the grill and grill for 3 minutes to sear the meat. Invert the tails and cook cut side up until the flesh is white and firm but not dry, about 5 to 9 minutes. Brush the lobster tails twice more with the cilantro butter as they grill and again just before serving. Place the grilled lobster tails on plates or a platter and serve.

TIP Because the flesh of a spiny lobster is somewhat dry; use lots of butter or oil for basting.



ROSEMARY GRILLED SCALLOPS

Makes 4 – 6 servings

1 ½	Pounds	Sea Scallops
28-32	Fresh	Rosemary Sprigs
10-12	Strips	Bacon (uncooked)
3	Tablespoons	Extra-Virgin Olive Oil
1		Lemon (cut into wedges for garnish)

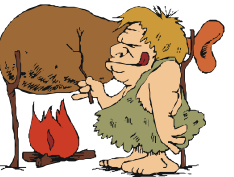
To make skewers from the rosemary sprigs, strip the leaves off the bottom 1 ½ inches, using your forefinger and thumb.

Try Something Different: Can also use other herbs as skewers such as lemongrass or thyme branches. You can also use strips of sugar cane.

Pull off and discard the small crescent-shaped muscle from the side of any scallop that has one, Rinse the scallops under cold running water and then drain and blot dry with paper towels. Strip the bottom leaves off the rosemary sprigs. Lay a scallop flat on your work surface. Wrap a piece of bacon around it and skewer it with a rosemary sprig. Repeat with the remaining scallops. Arrange the scallops on a plate or in a baking dish. Drizzle the oil over both sides of the scallops, squeeze lemon juice over them, and season with salt and pepper. Let marinate for 15 minutes while you light the grill.

Preheat the grill to PREHEAT then reduce to HIGH. When ready to grill brush oil over the grill. Place the skewered scallops on the grill and cook until just about cooked. 2-3 minutes per side. The scallops are done when they turn white and feel firm. (but just barely; they shouldn't feel hard). Serve at once.

TIP Scallops are almost pure protein, so they tend to dry out when grilled. To help keep them moist, marinate them in olive oil or wrap them in bacon or thin prosciutto



OYSTERS WITH WASABI WHIPPED CREAM

Makes 4 – 6 servings

2	Dozen	Large Oysters
4	Fresh	Chives, cut into ¼" long pieces
		Wasabi Whipped Cream (see sauce section)

Preheat grill on PREHEAT then reduce to HIGH.

Scrub the oyster shells with a stiff brush to remove any grit or mud. Discard any oysters that fail to close when tapped. Place the oysters on the grill with the deeper shell down to hold in the juices. The oysters are ready to eat the moment the shells pop apart, after 5 to 8 minutes.

Transfer the oysters to a platter, discarding any that did not open. Pull off the top shells, cutting the muscle if necessary. Pull the cooked oyster of the top shell and place it on the bottom shell with the oyster juice. Discard the top shell. Place a spoonful of Wasabi whipped cream on each oyster, sprinkle with chives, and serve at once.

ALSO GOOD FOR: Clams and muscles

TIP When buying oysters check for freshness by making sure the shells are tightly closed or close when you tap the oyster a few times. Oysters should smell briny not fishy.

