

Fish has become increasingly popular of late; the high-protein diet craze, healthy Omega-3 fatty acids in fish, greater variety and growing availability have all contributed to the increase in American fish consumption. It doesn't just come in cans anymore! Grilling is perfect for fish, as long as care is taken and the preparation and cooking methods are appropriate for the fish being cooked. Follow the steps below for a heart-healthy meal in minutes!



### Know your fish before beginning preparation.

Delicate fish, including sole, flounder, tilapia, catfish, trout, snapper and turbot, need to be grilled in a fish basket, on a foil-lined grill or in foil pouches. These fish fillets are thin or flake easily and, as they cook, will fall through the grill grate. Meatier fish such as salmon, tuna, shark, swordfish and mahi mahi do not require that level of protection, but using a fish basket is never a bad idea.

Cod, halibut, Alaskan whitefish and haddock come in thicker fillets and can be grilled, but they do flake easily. I recommend a fish basket or foil for cooking them. These varieties are particularly good cooked in pouches with aromatic veggies and herbs.

### Season fish correctly before cooking.

The more delicate varieties listed above should not be marinated for more than 10 minutes because the acid in the marinade will "cook" the fish and make it mushy. It's actually best to sprinkle dry seasonings onto these fish. Try Old Bay Seasoning, or better yet make your own seasonings.

Meatier fish can be marinated about 20 minutes. Keep fish marinades simple: for one pound of fish, combine the juice of one lemon (about three tablespoons) with one tablespoon of extra virgin olive oil, salt and black pepper to taste, and one teaspoon of dried dill. Brush over the fish 20 minutes before grilling. Dry seasonings like those mentioned above work well on any fish.

### Preheat the grill to medium low.

Lightly oil the grill, fish basket or foil to keep fish from sticking. Pam for Grilling, as its name suggests, is perfect for this. Cook the fish, watching constantly. Fish can go from done to dry in seconds.

If you like, add some of your earlier preparation seasonings to melted butter or olive oil, and baste the fish with the mixture. This basting will help prevent dryness. For your safety,

be sure to use a basting brush made for grilling.

Fish is done when it is opaque throughout, not when it "flakes easily with a fork." That actually means the fish is overcooked!

### Let it rest briefly before serving.

To cook fish in a foil pouch, make squares of foil large enough to contain the fish. Make one large or several individual servings, depending upon what's best for your

event. Butter or oil the foil and center the fish on it. Cover the fish with thinly sliced onions, garlic, oranges, lemons, limes (in any combination you like), salt, pepper and herbs such as fresh dill, basil, rosemary or Italian parsley. Fold the foil to make a pouch and grill over medium-low heat for 10 minutes. Let it rest for five minutes before trying to open the foil.

### Asian Grilled Salmon

*Serves 4*

4 Salmon Fillets, skinned  
1/4 cup Hoisin Sauce  
2 tsp. Garlic, minced  
2 tsp. Soy Sauce  
1 Tbsp. Lemon Juice  
1 Tbsp. Oil

Mix all of the ingredients except the salmon in a bowl. Add the salmon and marinate for 20-30 minutes. Meanwhile heat the grill to medium high heat. Place the salmon on the grill skin side up and cook for 3-4 minutes. Give the salmon a 1/4 turn and cook for 3-4 more minutes. Turn the salmon over and cook for 3-4 minutes or until the salmon is cooked to your liking.

### Hoisin Glazed Grilled Tuna

*Serves 4*

4 4-6 oz. Tuna Steaks  
1/2 cup Hoisin Glaze

Brush the glaze onto the tuna liberally and let sit for ten minutes. Place the tuna onto a hot grill. Cook for 3-5 minutes per side. Keep brushing the steaks with the glaze occasionally. Turn the steak 90°, halfway through the cooking cycle on each side. Remove from the grill and serve.

## Hoisin Glaze

*Yield: about 1/2 cup*

1/4 cup Hoisin Sauce  
1 Tbsp. Honey  
1 tsp. Soy Sauce  
2 tsp. White Wine  
2 tsp. Lemon Juice  
1-2 tsp. Chili Garlic Sauce

Combine all ingredients in a bowl and mix well. Refrigerate overnight.

## Tropical Fruit Salsa

*Yield: 3 Cups*

1 Mango, diced  
1 Papaya, diced  
1 cup Pineapple, diced  
2 Anaheim Peppers, minced  
Juice of 1 Lime  
Juice of 1/2 Lemon  
2 tsp. Fresh Cilantro, chiffanade  
1 tsp. Turmeric  
Salt to taste

Mix all ingredients in a bowl and refrigerate overnight.

## Grilled Striped Bass with Smoked Tomato Dressing over Grilled Corn and Onions

*Serves 4*

4-4 oz. Striped Bass fillets  
2 cobs Butter and Sugar Corn, blanched  
1 large Onion, sliced  
1/4 cup Olive Oil  
2 tsp. Thyme  
1 Tbsp. Parsley  
2 tsp. Dill  
2 tsp. Lemon Juice  
2 tsp. White Wine  
2 tsp. Lemon Zest  
8-10 Tbsp. Smoked Tomato Dressing  
Salt and Pepper to taste  
4 Tbsp. Garnish

Mix together the oil, wine, juice, zest, herbs and spices. Remove any lingering scales and bones from the bass. Heat your grill to medium high. Brush the corn and the onions with the oil mixture. Grill the corn and onions until they are well browned. Remove from the fire and keep warm. Brush the bass fillets with the oil mixture and place on the grill skin side up. Grill for 6-10 minutes per side, depending on the thickness of the fillets. Only turn the fish

once, do not make diamond marks like you would with a piece of meat. The bass is done when it is opaque and starts to flake easily with a fork.

To Serve:

Heat the dressing and put aside. Cut the grilled corn from the cob. Place 1/4 of the corn in the center of the plate and flatten out the mound. Ring the corn with the grilled onion. Place the cooked bass on top of the corn. Spoon about 2 Tbsp. of dressing over the bass and vegetables. Place several pieces of grilled sweet potato on either side of the bass. Top with the garnish and serve.

## Garnish

4 tsp. Sun Dried Tomatoes, chiffanade  
4 Tbsp. Arugula, chiffanade  
2 Tbsp. Lemon Zest

Mix together all ingredients and refrigerate until needed.

## Smoked Tomato Dressing

*Yield: about 1 Qt.*

2 cups Smoked Tomatoes or 2 cups Roasted Tomatoes and 1-2 tsp. Liquid Smoke  
1 Tbsp. Roasted Garlic  
2 Tbsp. Red Wine Vinegar  
1 Tbsp. Balsamic Vinegar  
1 cup Olive Oil  
2 tsp. Dijon Mustard  
2 tsp. Fresh Basil  
1 tsp. Fresh Oregano  
2 Tbsp. Sun Dried Tomatoes, fine dice  
1 Tbsp. Scallions, fine dice  
Salt and Pepper to taste

Puree the tomatoes in a food processor. Run the tomatoes through a sieve to remove any seeds and return to the processor. Add the garlic, vinegars, mustard and spices to the tomatoes. Process until well combined. With the processor on, add the oil in a steady stream. When all of the oil is combined pour the dressing into a bowl and stir in the sun dried tomatoes and scallions. Refrigerate overnight.