



General Recipe for Grilling or Broiling Many Fish

Many fish recipes are interchangeable with whatever fish you have chosen to cook so do not be afraid to try a recipe for Grouper with that Flounder you just brought home. If you like all the elements of a recipe, chances are that it will work fine with most any fish. If you happen to find a bad combination, make a note on your recipe, try it with another fish, and be sure and tell The Shrimp Connector he is a liar.

This is a general recipe for Grilling or Broiling many different fish like Grouper, Mahi Mahi, King Mackerel, Flounder, Wahoo, Halibut, Snapper and Swordfish. Since there are many more fish than this in the ocean, you be the judge about trying this recipe on your fish. If the fish is very delicate like Flounder fillets or Halibut steaks, be sure to use a grill basket to keep from losing your fish to the fire.

Rinse fish pieces under cold running water and place on paper towels. Pat dry with paper towel and then salt with desired level of sea salt and freshly ground black pepper. (Always use salt because all fish needs salt before any other step. Pepper is optional but The Shrimp Connector likes black pepper on almost everything.) Allow the salt to melt which only takes a minute. If you are using other seasonings like garlic salt, Old Bay Seasoning™ or seasoning salt, skip the sea salt. Melt sufficient butter to baste your fish a few times while it is cooking. Add the juice of a half of lemon to each stick (1/2 cup) of butter you melt, or you can use good olive oil. Slight heating helps all the flavors infuse into this concoction, so take the time to heat even the olive oil. To this mixture you can add whatever herbs and spices you enjoy with your fish. Try a dash of celery salt, Old Bay Seasoning™, garlic powder, or any other secret ingredient you have. A dash or two of paprika adds color to your fish, so toss it into the mixture or you can add it after the fish is cooked. Baste your fish and wait on your fire to get ready or your broiler to heat for a few minutes.

Put the fish on the grill or under the broiler. If you are cooking a skin-on fish put the skin side down. Shut the grill lid. When the fish is almost cooked you can turn it for the grill marks to prove you grilled it, or not turn it, your choice. You will not have to turn broiled fish unless it is a very thick piece of fish. Cooking times vary for every grill and broiler, so I suggest you stay close by and pay attention to what is happening to your special meal. All fish changes colors as it is cooked and you will soon learn what is done. Any translucent fish is undercooked so leave it near the heat for more time. You might have to probe with a knife or fork to check for this. Flakiness is another test but all fish is not flaky so that alone is not always a test.