

# SAZ'S™

## *Cooking Notes*

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Grilling - Fabulous Fish

### Grilling Tips for Fabulous Fish

Grilling fish is quick, flavorful and healthy. But the question is: Is grilling fish tricky?

Grilling seafood is one of the simplest ways to cook fish, but there are a few tips and tricks that can make your experience a lot more enjoyable.

Choosing which fish to grill can make life easier. Dense, meaty steaks are great for grilling. Tuna, salmon, swordfish, mahi-mahi and marlin are ideal candidates. Whole fish including trout, walleye, salmon and snapper are also perfect for the grill. Delicate fish like sole, cod and flounder are more difficult as they will flake and fall apart more easily.

The one thing you want to avoid is having your fish stick to the grate. Before you even think of throwing your fish on the grill, make sure the grate is ultra clean. Scrub the grates with a wire brush. When the grates are hot, brush them with oil. You will also want to brush or spray your fish with a little oil to help prevent sticking. (Do this after you've seasoned your fish with marinade or a rub.)

The right grilling accessories can aid in coaxing your fish into behaving on the grill. The most universal item is a wonderfully wide metal fish spatula – or better yet, two. Whether you're grilling fish steaks or large fish filets, the easiest way to turn your fish is by placing one spatula on top of the fish and slipping the other spatula under it, and then turning the steak or filet.

Gourmet and cookware shops also have items like stainless steel grilling baskets that you can place your fish filet in and then simply turn with the handle.

Ideally you will bring the fish to room temperature before grilling. Most fish cooks quickly – steaks usually cook in just 4 to 10 minutes, so keep an eye on it. If you're cooking a large whole fish cooking times can increase to as much as 30 to 40 minutes. Consult with your fishmonger on cooking times or check out [grillingTimes.com](http://grillingTimes.com).

Direct grilling works best for fish. It sears the meat to keep the fish moist and also gives you those attractive grill marks.

For some savory grilled seafood recipes, check out the Epicurious Seafood Slide Show:

<http://www.epicurious.com/recipesmenus/slideshows/874>

