

GRILLING FISH

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Honey-Mustard Salmon

There is no better way to enjoy fish in the summer than fresh off the grill.

With its simple preparation and smoky flavor, grilled fish is always a favorite...both to eat and to prepare. Just remember a few simple rules, and you will have a delicious—and healthy—meal every time.

First and foremost, you need to realize that not all fish works on the grill. Fillets of flatfish such as flounder and sole are too flaky and delicate to be grilled. Instead, meatier selections such as salmon, swordfish and tuna are perfect for the grill. Also, fish that still has its skin works well because the skin helps the fish hold its shape.

To prevent sticking, be sure to always start with a clean grill. Also, lightly oil the fish if you are not using a marinade that has oil in it.

Last, fish should not be cooked over a raging fire. Make sure the grill is at a lower heat such as medium.

Marinades, dry rubs and accompanying salsas and sauces help make your simple fish into something extraordinary.

HONEY-MUSTARD SALMON

Serves 4

1/4 cup honey
1/4 cup whole grain mustard
4 salmon fillets
2 tbsp. olive oil
Kosher salt and freshly ground pepper

Heat a clean grill to medium-high.

In a small bowl, whisk together the honey and mustard. Set aside.

Brush salmon with 2 tbsp. olive oil, and season with salt and pepper to taste.

Place salmon on the grill, flesh side down, and cook for about 3 to 4 minutes. Flip the salmon over, and brush with the honey-mustard sauce. Grill for 4 more minutes, or until medium.

BLACKENED SWORDFISH WITH FRESH CORN AND TOMATO RELISH

Serves 4

4 1-inch-thick swordfish steaks
4 tbsp. blackening seasoning
1 tbsp. olive oil
4 ears of corn, shucked and kernels removed
2 large tomatoes, chopped
1/4 cup minced fresh basil
Kosher salt and freshly ground pepper

Heat a clean grill to medium-high.

Season swordfish steaks with blackening seasoning.

In a large sauté pan, heat olive oil until warm. Add the corn and tomatoes. Sauté, stirring occasionally until lightly browned, 3 to 4 minutes. Season to taste with salt and pepper. Remove from the heat, and stir in the basil. Keep warm.

Place swordfish on the grill, and cook until medium, about 4 to 5 minutes per side.

Serve warm garnished with the relish.

GRILLED HALIBUT WITH MANGO SALSA

Serves 4

4 halibut fillets
4 tbsp. olive oil
Kosher salt and freshly ground pepper
2 mangos; pitted, peeled and cut into small dice

Blackened Swordfish With Fresh Corn and Tomato Relish



Lime-Cilantro Grilled Shrimp Skewers



- 1/2 red onion, finely diced
- 1 tbsp. minced fresh jalapeño, seeds removed
- 3 tbsp. freshly squeezed lime juice

Heat a clean grill to medium-high.

Brush halibut fillets with 2 tbsp. olive oil, and season with salt and pepper to taste.

In a large bowl, combine mango, red onion, jalapeño, lime juice and remaining 2 tbsp. olive oil. Season to taste with salt and pepper.

Grilled Halibut With Mango Salsa



Place halibut on the grill, and cook until medium, about 4 minutes per side.

Serve warm garnished with salsa.

LIME-CILANTRO GRILLED SHRIMP SKEWERS

Serves 6 to 8 as an appetizer

- 1/2 cup fresh cilantro, coarsely chopped
- 1/2 cup coarsely chopped scallions
- 1 tbsp. minced green chilies
- 2 cloves garlic, finely minced
- 2 tbsp. lime juice
- 2 tsp. ground cumin
- 3 lbs. medium-large shrimp

In a blender or food processor, puree the cilantro, scallions, chilies, garlic, lime juice and cumin. Add a little water if necessary to thin to desired consistency.

Peel and devein the shrimp, leaving the tail attached. Place the shrimp in a large bowl, and toss with the marinade. Marinate for 8 hours.

Soak wooden skewers in water while the shrimp marinates.

Heat a clean grill to medium-high.

Place the shrimp on the skewers. Grill on one side until almost done, about 2 to 3 minutes. Flip the shrimp over, and cook for 1 minute more.

Place on the serving tray, and garnish with chili powder and lime wedges if desired. ●