
MARYLAND CHARCOAL GRILLED BLUEFISH

2 pounds fillets or steaks
or 3 pounds dressed
bluefish

1 charcoal grill, any type
30 to 36 charcoal briquettes

1 hinged wire hand grill,
well-greased

$\frac{3}{4}$ to 1 cup basting sauce
(your own favorite
or Spicy Marinade

see previous page)
1 basting brush

Make fire with charcoal briquettes. When coals are white hot, spread evenly over bottom of grill.

Wash and dry fish. Cut fish into serving-size portions and place in well-greased, hinged wire hand grill. Baste fish with sauce and place, skin side down, about 4 inches from moderately hot coals. Cook, baste, and turn fish as follows: *fillets or steaks*: cook 5 minutes, baste, turn; cook 5 minutes, baste, turn; cook until done, about 15 minutes. *Dressed*: cook 8 minutes, baste, turn; cook 8 minutes, baste, turn; cook until done, about 20 to 25 minutes.

Fish is done when flesh flakes easily when tested with a fork.

NOTE:

If fire flames up, remove fish from coals until flames die down, as fire will dry and toughen fish.

Cooking times are approximate: Every fire behaves in a different way, depending on the type of equipment used, wind, air temperature, humidity and fuel. Therefore the cooking times are a guide only.

If seafood becomes dry, baste more frequently.



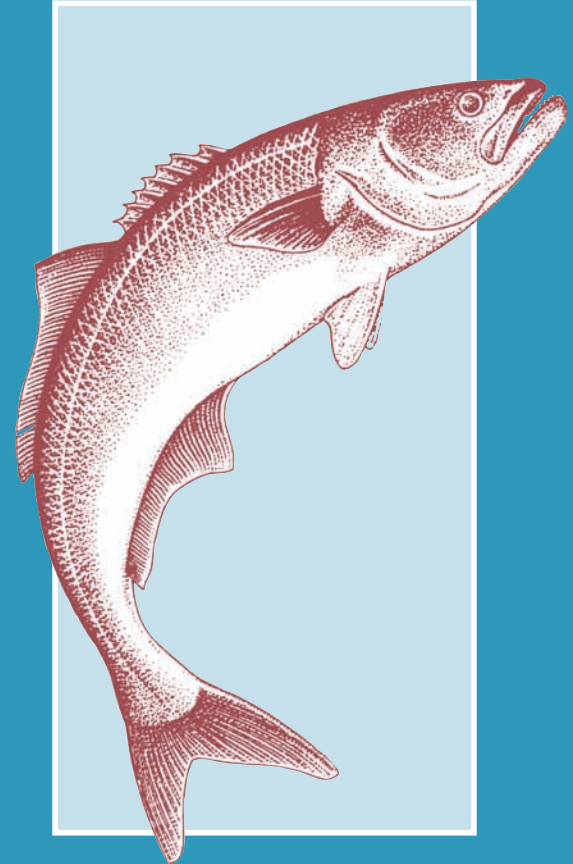
BLUEFISH

Maryland bluefish are feisty critters that give sport fisherman a real challenge. They are known for their light to moderate flavor. Bluefish are an excellent source of omega 3 fatty acids, believed to be effective in lowering blood cholesterol and triglycerides, which help reduce the risk of heart disease.

Recipes Developed and Tested by:
**AQUACULTURE DEVELOPMENT
AND SEAFOOD MARKETING PROGRAM**

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MARYLAND BLUEFISH



HOT & SPICY BLUEFISH BASTING SAUCE

½ cup honey
½ cup prepared mustard
½ cup cider vinegar
¼ cup Worcestershire sauce
1 tablespoon parsley flakes
2 teaspoons liquid hot pepper sauce
1 teaspoon salt
1 teaspoon cornstarch or arrowroot

Blend honey and mustard in saucepan over low heat. Stir in vinegar, Worcestershire sauce, parsley flakes, hot pepper sauce and salt. Add cornstarch or arrowroot and cook, stirring, over medium heat until mixture comes to a boil and thickens.

Makes about 1½ cups sauce.

SEASIDE POACHED BLUEFISH

2 pounds bluefish (or other fish), fillets
1 medium onion, sliced
2 stalks celery, including top, cut in strips
2 carrots, cut in strips
¼ teaspoon pepper
2 teaspoons salt
water, just barely to cover

Put bluefish in single layer in wide shallow pan (such as large fry pan); add vegetables and seasonings; add water to just barely cover. Bring to a boil, cover and simmer slowly just until fish flakes easily when tested with a fork, 5 to 10 minutes. Be careful not to overcook. Remove bluefish from pan and use as desired.

Makes 6 servings as an entree; 4 cups cut-up bluefish for Bluefish Salad Supreme.

MARYLAND BASIC SMOKED BLUEFISH

2 pounds fillets or steaks or 3 pounds dressed bluefish
1 charcoal grill with cover or hood
1 pound hardwood chips (hickory or other)
2 quarts water
1 cup salt
1 gallon water
24-30 charcoal briquettes
¼ cup salad oil
1 basting brush
1 oven thermometer (available at hardware and most stores)

Soak hardwood chips in 2 quarts water for several hours.

Dissolve salt in 1 gallon water to make brine. Marinate fish in brine 30 minutes.

Make fire with charcoal briquettes. When coals burn down to a low, even heat, spread evenly over bottom of grill: cover with ½ of wet chips.

Drain and dry fish. Baste grill well with oil. Place fish on grill, skin-side down, about 4 to 6 inches from heat. Insert oven thermometer along center back of grill. Liberally baste top of fish with oil, close grill cover and smoke fish as follows: *fillets or steaks*: about 30 minutes at 250°F; 1 hour and 30 minutes at 150° - 175°F. *Dressed*: about 30 minutes at 250°F; 2 hours at 150° - 175°F.

Makes 6 servings.

TIPS:

Do not let fish dry out; baste frequently with oil while smoking.

Do not let fire flame up. Keep coals well covered with wet chips while cooking to maintain low temperature.

SPICY MARINADE

¼ cup margarine or butter
½ cup dry white wine (or water)
½ teaspoon prepared mustard
½ teaspoon salt
¼ teaspoon lemon and pepper seasoning
¼ teaspoon seafood seasoning
⅛ teaspoon tarragon
⅛ teaspoon rosemary

Melt margarine or butter in a small pan. Add rest of ingredients and cook over low heat until seasonings are blended and mixture is warm.

Makes about ¾ cup marinade.

BLUEFISH SALAD SUPREME

Poached bluefish, or other fish, (see Seaside Poached Bluefish at left)
2 tablespoons finely chopped onion
2 tablespoons finely chopped green pepper
½ cup salad oil
¼ cup wine vinegar
½ teaspoon garlic powder
¼ teaspoon oregano leaves
2 teaspoons parsley flakes
salt and pepper to taste
¼ cup sour cream or mayonnaise

Remove skin and dark layer under skin. Cut bluefish into very small pieces. Put into a bowl and add all ingredients except sour cream; toss gently. Refrigerate until thoroughly chilled. Just before serving, stir in sour cream or mayonnaise.

Makes about 4 cups salad.