

GREAT GRILLING

Great Tips For Grilling Fresh Fish And Seafood

(NAPSA)—Looking for something different on your grill? Think fresh fish and seafood in addition to the mainstays of chicken, steak, hamburger and pork.

Red Lobster Executive Chef Keith Keogh, whose experience includes The California Culinary Academy and Disney's Epcot, offers these suggestions for cooking seafood on the grill:

Preparation:

- Make sure the grill is clean. Before it's on, add a light coat of oil or nonstick cooking spray so the fish does not stick to the grill.

- If you're going to use a marinade, soak the fish for two hours beforehand to infuse it with the flavor. Be careful: a marinade heavy with sugar can cause the fish to stick to the grill as the sugar caramelizes. Before putting on the grill, drain off excess sauce and pat dry.

- While cooking, baste the fish with your favorite marinade or sauce for a deep-rich glaze, but don't use what the fish was soaking in. This can contain bacteria. Instead, set aside some extra marinade or sauce for later.

- You can also brush the fish with a light coat of olive oil and then add seasonings. Try black pepper, kosher salt and a touch of lime juice. For more flavors, add ground celery seed, crushed capers, garlic, marjoram and thyme.

Cooking:

- Make sure the grill is hot. If it's lukewarm, the fish may stick. Put the fish with the bone or uneven side down first (if you put the flat side down first, the fish may crack when you turn it). If grilling more than one piece, leave



Fresh seafood is great grilled.

enough space for air and heat to circulate.

- The fish should sizzle when put on the grill. It cooks fast, so keep an eye on it. Cook until it's about 60 percent done, and then use a wide spatula to turn over each fillet. Remove from the grill when it's medium rare because the fish will continue to cook as it sits.

- For shrimp, place on a skewer one on top of the other. Watch them closely, because they will cook quickly. For scallops, place on a skewer so the flat side is up. This lets them pick up more flavors from the grill.

- Shellfish, such as oysters, mussels and clams, cook even faster than fish. To prepare them, put them on the hottest part of the grill, and they're done when the shell opens up.

Red Lobster's Keogh recommends several wines, such as an oaky Chardonnay or a light Pinot Noir, as an especially good pairing for grilled seafood. If you're adding a lot of spices to your fish, a lighter, sweeter Riesling provides a good match.