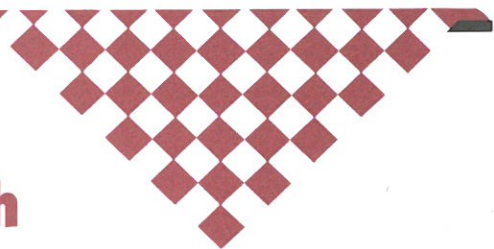


# Mariner's Menu

SEAFOOD INFORMATION FROM UNC SEA GRANT



## Broiled Fish — A Simple Catch

Broiling is a simple, quick way to bring out the true flavor of fresh fish. It's so easy to brush a fillet with melted margarine, sprinkle it lightly with salt and freshly ground black pepper, and slide it under the broiler for a few minutes.

As with all seafood, avoid overcooking. Since you're using intense, dry heat, cooking time is brief. Fish should be moist when done. Remember that the fish continues to cook a bit after removal from the oven. If slightly translucent in the middle, your fish will finish cooking after you take it out.

It's best to broil pieces that are at least three-fourths inch thick. But if you're careful, you can successfully cook thinner fish. You can dust the tops with flour or crumbs for easier browning.

Cook only until golden or lightly browned. Test for doneness with the tip of a sharp knife or with a fork. The fish should flake easily when tested.

Some seafood cooks say that you should never use paprika when broiling. This is true if you're using it as a substitute for browning. However, when used for flavor and color, I like to add it before the cooking time ends. Just don't let it burn and taste bitter.

A widely used method of seafood cooking is the Canadian Theory. This calls for cooking fish ten minutes per inch of thickness, measured at its thickest part. If you use this method,

check the fish before the end of the cooking time since temperatures are not always exact.

Most recipes specify broiling four to six inches from the heat source, four inches being the most common. Remember

that the thicker the fish, the greater the distance.

It isn't necessary to turn fish when broiling unless the pieces are very thick. Steaks may be browned on one side, then turned.

Most books say that basting is essential when broiling, but if you're cooking thin pieces, you may find that a generous brushing with margarine or oil before cooking is enough. Lean fish generally require some basting. Fatty fish require less.

Marinades give added flavors to broiled seafood. Marinades for fatty fish need little or no oil, while those for lean fish need more. Always broil with the skin side down so that you are basting the flesh side.

Most experts advise preheating the broiler for at least ten minutes. Many suggest heating the broiler rack too. When heated, brush the rack with vegetable oil. Preheating helps in cooking and will slightly brown the underside of the fish.

Broiling and grilling are basically the same method, both use dry, intense heat. The only difference is that in broiling the heat is above the food while in grilling it is below it. You can substitute these recipes for grilling and vice versa.

Using our scale of 1 to 5, we rated these recipes 4.5 or higher. Hope you enjoy them.

### Questions and Answers

**O**ne of our readers recently asked, "How much fat is in seafood? Which fish are high in fat and which are not?"

**Most fish are low in total fat and saturated fat, the type that contributes to heart disease. They have less than 5 percent fat. All shellfish have less than 2 percent. Seafood is rich in unsaturated fats, those believed to lower blood cholesterol and lipid levels.**

**Remember that levels are not constant, but are averages. They are affected by factors such as season, sex, location, maturity, etc. Farm-raised fish are more uniform than those caught in the wild.**

**Some fish that contain less than 5 percent fat are orange roughy, mahi-mahi, flounder, red snapper, spotted trout, yellowfin tuna and croaker. Some with 5 percent to 10 percent fat are pink salmon, Spanish mackerel, spot, bluefin tuna, bluefish and Atlantic pompano. A few containing 10 percent or more are king salmon, shad, king mackerel and butterfish.**



### Herbed Broiled Mackerel

- 4 Spanish mackerel (or other) fillets
- 1/4 cup margarine, softened
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped chives
- 2 teaspoons fresh tarragon (or 1 teaspoon dried)
- 1/2 teaspoon thyme
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon paprika

Place fillets in greased, broiler-safe pan, without rack, skin side down. In small bowl, blend together margarine, parsley, chives, tarragon, thyme, salt, pepper and paprika. Spread over fillets. Broil about 4 inches from heat until fish flakes with a fork, about 8 to 10 minutes. Baste once or twice during cooking. Serves 4.

### Broiled Pompano Amandine

- 2 pounds pompano (or other) fillets
- 2 tablespoons margarine, melted
- 2 tablespoons vegetable oil
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon paprika

Combine margarine and oil. Brush over fillets and on broiler rack. In shallow pan or dish, mix flour, salt and paprika. Roll fillets in flour mixture.

Broil about 4 inches from heat, basting as needed. Cook until surface is crusted, about 10 to 15 minutes for pompano, 8 to 10 minutes for thinner fillets. Place cooked fish on heated serving dish and pour almond sauce over. Serves 6 to 8.

#### Almond Sauce

- 3 tablespoons margarine
- 1/2 cup slivered almonds
- 2 tablespoons fresh lime juice
- 4 drops Tabasco sauce

In small saucepan, melt margarine over medium heat. Add almonds and brown lightly. Remove almonds and scatter over cooked fillets. Add lime juice and Tabasco to remaining margarine. Heat and pour over fish.

### Broiled Shrimp With Fresh Parsley

- 1 pound medium or large shrimp
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- 1/4 cup fresh lemon juice
- 1/4 cup snipped fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon Tabasco sauce

Peel and devein shrimp, leaving tail section on. In shallow dish, combine oil, lemon juice, parsley, salt, pepper and Tabasco. Place shrimp in mixture and marinate in refrigerator 45 minutes.

Broil about 4 inches from heat until done, about 5 to 6 minutes, turning once. Serves 3 to 4.

### Golden Broiled Flounder Fillets

- 6 medium flounder (or other) fillets
- 4 tablespoons margarine, melted
- 1 tablespoon grated onion
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 teaspoon thyme
- paprika
- lemon wedges (optional)

In small bowl, combine margarine, onion, lemon juice, salt, pepper and thyme. Place fillets on greased broiler rack, skin side down. Baste with margarine mixture. Broil about 4 inches from heat until done, about 8 to 10 minutes, basting and sprinkling with paprika after first 5 minutes. Serves 6.

### Soy-Marinated Mackerel Fillets

- 4 medium Spanish mackerel (or other) fillets
- 1/3 cup soy sauce
- 2 tablespoons sake
- 2 tablespoons vegetable oil
- 1 teaspoon fresh lemon juice
- 1 teaspoon minced ginger root
- 1/2 teaspoon pressed garlic

In a shallow, nonreactive pan, combine soy sauce, sake, oil, lemon juice, ginger and garlic. Place fillets in mixture and marinate in refrigerator for 30 minutes, turning once.

Place fillets on greased broiler rack. Broil about 4 inches from heat until lightly browned, about 8 to 10 minutes. Serves 4.



### Broiled Oysters

- 1 pint oysters, drained
- 2 slices bacon
- 1 1/2 tablespoons bacon grease
- 2 tablespoons margarine
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup thinly sliced green onions
- flour

Fry bacon until crisp. Remove bacon from pan, retaining 1 1/2 tablespoons bacon grease. Add margarine to pan and melt. Add lemon juice, pepper and green onion. Cook until onions are tender, about 2 minutes.

Place oysters in lightly greased shells or ramekins. Dust lightly with flour. Spoon margarine mixture over oysters. Broil about 4 inches from heat until done, about 8 to 10 minutes. Sprinkle with crumbled bacon. Serves 4.

### Basil-Marinated Flounder

- 4 medium skinless flounder (or other) fillets
- 1/3 cup chopped fresh basil
- 1/4 cup vegetable oil
- 1/3 cup dry white wine
- 4 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon pressed garlic
- 1/4 cup finely chopped green onion
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- skewers (if using bamboo skewers, soak in water for 1/2 hour to avoid burning)

Cut fillets into 1-inch strips. In shallow dish or nonreactive pan, combine basil, oil, wine, Parmesan, garlic, green onion, salt and pepper. Set aside about 1/4 cup. Place strips in remaining mixture and marinate 15 minutes.

Remove fish from marinade. Thread each skewer through a fish strip at 2- to 3-inch intervals along its length. Place on their narrow side on greased broiler rack. Broil about 4 inches from heat for about 10 minutes, basting with reserved marinade. When done, remove to warm platter. Serves 4 to 6.

**Note:** You can broil the whole fillets if you prefer. Using skewers, however, adds a new and attractive touch.

### Broiled Snapper With Hollandaise Sauce

- 4 medium snapper (or other) fillets
- 2 tablespoons margarine, melted
- salt
- freshly ground black pepper

Brush fillets with margarine. Lightly salt and pepper. Broil about 4 inches from heat until fish flakes with a fork, about 10 minutes.

### Cooked Hollandaise Sauce

- 3 egg yolks
- 1/4 cup water
- 1 tablespoon fresh lemon juice
- 1/2 cup firm cold butter, cut into eighths
- 1/4 teaspoon salt
- 1/8 teaspoon paprika
- 1/16 teaspoon cayenne pepper

In a small saucepan, beat together egg yolks, water and lemon juice. Cook over very low heat, stirring constantly, until yolk mixture bubbles at edges. Stir in butter, one piece at a time, until melted and sauce is thickened. Stir in salt, paprika and cayenne. Remove from heat. Cover and chill if not using immediately. Makes about 3/4 cup.

### Scallop Broil

- 1 pound bay scallops (or sea scallops, quartered)
- 4 tablespoons margarine
- 1/2 teaspoon pressed garlic
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- 1/8 teaspoon cayenne
- 2 tablespoons flour
- 1/2 teaspoon paprika
- lemon wedges (optional)

Pat scallops dry with paper towels. In small saucepan, melt margarine. Add garlic and mix well. Brush part of garlic mixture on bottom and sides of shallow baking dish. Place scallops in single layer in dish. Sprinkle with salt, pepper and cayenne.

Mix flour and paprika and dust scallops. Pour remaining garlic mixture over all. Broil about 4 inches from heat until scallops are golden brown, about 8 to 10 minutes. Garnish with lemon wedges. Serves 4.

### Broiled Flounder with Shrimp Sauce

- 2 pounds flounder (or other) fillets
- 1/4 cup margarine, softened
- 1 teaspoon fresh lemon juice
- 1 tablespoon minced fresh parsley
- 1/8 teaspoon freshly ground white pepper
- 1/8 teaspoon salt

In a small bowl, combine margarine, lemon juice, parsley, pepper and salt. Place fillets on broiler pan and spread with

margarine blend. Broil about 4 inches from heat until done, about 8 to 10 minutes. Hint: Broil fish while shrimp sauce is simmering. Serves 6.

### **Shrimp Sauce**

- **1 pound small shrimp**
- **6 tablespoons margarine**
- **1/4 cup flour**
- **1 teaspoon salt**
- **1/4 teaspoon freshly ground white pepper**
- **1/8 teaspoon cayenne pepper**
- **1/4 cup fish stock or chicken broth**
- **3/4 cup heavy cream**
- **1 tablespoon brandy**

In a medium saucepan, melt margarine over medium heat. Blend in flour. Add salt, pepper and cayenne. Stir in broth and mix well. Add cream gradually, stirring constantly. Bring to boil and simmer until thick, about 5 to 10 minutes. Add brandy. Pour over hot fish.

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**ADDRESS CORRECTION REQUIRED**



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### **Tasters and Testers**

Seafood Lab health, food and nutrition leaders participating in this work were Dolly Bell, Judy Blessing, Vera Gaskins, Martha Giles, Kay Holm, Anne Lawton, Lissie McNamee, Betty Motes, Mary Dudley Price, Valaree Stanley and Dot Whitley.

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