

GRILLING TIPS



from Chef LaDuke

Here are some basic tips to get you started as a home grill master:

- Make sure your grill is clean
- Brush the grill grate with a light coat of oil or nonstick cooking spray to prevent fish from sticking
- While cooking, you can baste the fish with marinade or sauce while its on the grill
- You can also brush the fish with a light coat of olive oil and then add your favorite seasonings, such as black pepper, kosher salt and a touch of lime juice.
- Cook fresh fish until it's about 80 percent done, and then use a wide spatula to turn over each fillet
- Remove the fish from the grill when it's medium-rare; it will continue to cook as it rests

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