



## **Wild Alaska Seafood Grilling Tips:**

### **Preparing the Grill:**

- Fish cooks best over a medium-hot fire; shellfish require a hot grill.
- Make sure the grill is hot before you start cooking.
- Liberally brush oil on the grill just prior to cooking.

### **Cooking Seafood:**

- Cut large steaks or fillets into meal-size portions before grilling.
- Use a grill basket or perforated grill rack to keep flaky fish or smaller shellfish from falling through the grill bars.
- Oil fish/shellfish very lightly just before cooking.
- Always start fish with the skin side up. If the skin has been removed, the skin side will appear slightly darker. This allows the natural fat carried beneath the skin to be drawn into the fillet, keeping it rich and moist.
- Turn seafood only once. For easy turning, use a two prong kitchen fork inserted between the grill

bars to slightly lift the fish, then slide a metal spatula under the fish and turn.

- Cook fish approximately 10 minutes per inch of thickness. Seafood continues to cook after it's removed from the heat so take it off the heat just as soon as it is opaque throughout. . To check for doneness, slide a sharp knife tip into the center of the thickest part of a cooking seafood portion, checking for color. Remove from the heat just as soon as it turns from translucent to opaque throughout.