

EVERYTHING YOU WANTED TO KNOW ABOUT... *Grilling Outside* ...and weren't afraid to ask!



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*"To grill or
not to grill..*



That is the question!"

Filet Mignon, N.Y. Strip, Sirloin and other Beef

The secret to cooking steak properly on a grill is to have a very hot grill (which sears the outside of the meat helping to keep the juices inside the meat) and to flip the steak frequently (which prevents the "grill side" from charring and also helps keep the juice inside the meat). When grilling beef do a Tammy Wynette and "*Stand By Your Steak*", that is watch and flip it every 2-3 minutes (again, depending on the heat of the grill and the distance from the heat source). If you notice little red droplets of juice forming on the top of the steak, flip the steak immediately. If you do not, the juice escapes from the beef and falls into the grill when you do flip it, causing the steak to get drier and less tender.

Tuna

Like a good beef steak, tuna is best cooked on a grill. As with a steak, cook it to a temperature (Rare-MR-M) of your liking. The longer it cooks, the drier it gets. If you have not tried it rare or medium rare, please do. You can always put it back on the grill to cook it a little more, but once it is overcooked, you both are done!

Swordfish, Dolphin, Cobia, Pompano, Halibut & Wahoo

These are very firm fleshed fish that are easily cooked directly on the grill. Before putting them on the grill, they should be greased with oil, melted butter or spray shortening (Pam). The grates of the grill should be clean and hot. Allow 3-5 minutes for each 1/2 inch of thickness (depending on the heat of the grill and how far the grate is from the heat source). If your grill has a top, cover the cooking fish and then turn the fish only once, when it is half way done. If you are going "topless", you may have to turn the fish 3 times, to prevent the grill side of the fish drying out. Do not overcook the fish! Remember, the fish will continue cooking slowly after you remove it from the grill, even on a plate.

Grouper, Snapper, Yellowtail, Salmon, Tilapia, Sole, Haddock et al.

are delicately fleshed fishes that are harder to cook directly on the grill. We suggest placing your seasoned filet* on a well greased piece of aluminium foil and folding the top over to create a "tent" before placing it on the grill. The fish will cook a little quicker than when on the grill directly as the steam formed in the foil tent will help cook the fish. Be careful when opening the foil tent as the escaping steam is VERY HOT!

*You may season your fish with garlic butter, mango marinade, dill sauce, jerk or bronzing spices, all of which are available at our fish market. Ask our fishmonger for our recommendations!

Vegetables & Fruits

Peppers (red, yellow, orange) are best grilled whole and turned frequently. Onions, tomatoes, eggplant, squash are best thickly sliced (for easier handling.) Par boiling redskin potatoes and slicing them in half before putting them on the grill (after tossing them in olive oil) speeds up the cooking time and adds great flavor! Sliced fresh stone fruits (peaches, nectarines, apricots) are great along with the classic sliced pineapple.

For additional recipes visit our website at www.prawnbroker.com

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