

# HOOK N' COOK

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## *Barbecued Fish*

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**T**he backyard barbecue has become part of suburban North America's lifestyle. In Manitoba barbecues cook (or burn) several tons of steak each year not to mention a few thousand pounds of chicken, ribs and sausages. But it's

probably a safe bet to say that not more than a couple of hundred pounds of fish are done on barbecues each year. To most Manitoba anglers fish are filleted and cooked in a frying pan with butter - barbecues are for steaks.

Why not surprise your friends and neighbours, have a fish barbecue - it's a gourmet treat they will remember. Fish steaks, whole stuffed fish, fish kabobs, fillets and planked fish are all methods available to the backyard barbecue chef.

Like any other form of cooking it's useful to follow some basic recipes, but these may be adapted to suit individual tastes. All chefs use the same basic techniques but each has developed their own quaint twists which make their particular cooking unique. The following recipes and methods of preparation are suggestions only, and may be altered as desired. For example, if it is suggested that fish steaks be cut 1 1/2 inches thick, you may like them better at 1 or 2 inches. Should garlic be called for in a sauce, omit it if your tastes don't lean that way - on the other hand increase the quantity should you enjoy it.

All cooking times are approximate and the fish should be checked for "doneness" from time to time. But remember almost all chefs recommend that fish must never be overcooked. There is nothing worse than an overcooked, soft, mushy fish (unless of course you like it that way).

So here you are you Graham Kerr's and Julia Child's of the fish world - go to it. You too can become master barbecue chefs to your current non-fish eating friends. Just follow these few simple suggestions - but don't hesitate to experiment and add your own exclusive touch.



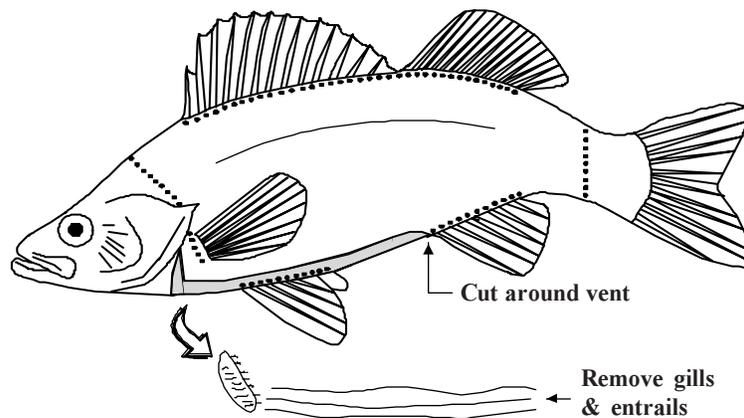


## Preparation of Fish

### Dressed

Depending on preference a dressed fish can have the scales removed or left on. In either case the fish should be wiped clean of any protective slime prior to any further preparation.

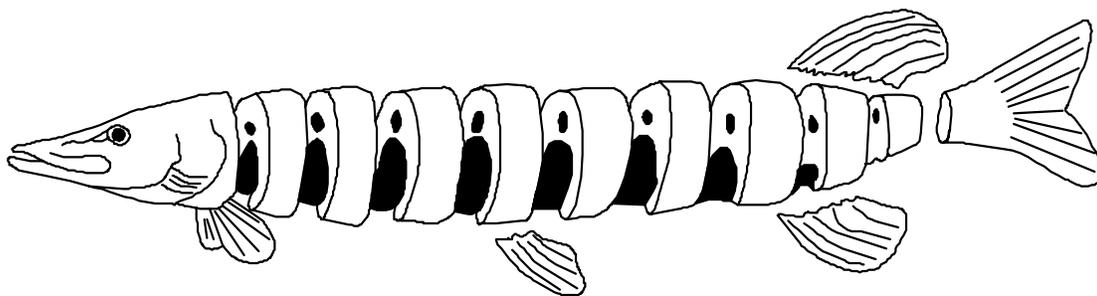
The belly is then slit from throat to vent and the entrails and gills are removed. The inside of the body cavity is cleaned and rinsed in water, making sure all the kidney is removed from along the backbone. If desired the head, tail and fins can be removed. The fins can be removed by cutting down each side of the fin and then extracted with a pair of pliers.



### Steaking

Fish of nine pounds or more make excellent fish steaks - particularly pike and lake trout. To steak proceed as you would for dressed fish

except this time it should be scaled. The fish is then simply cut into about 1 1/2 inch steaks.

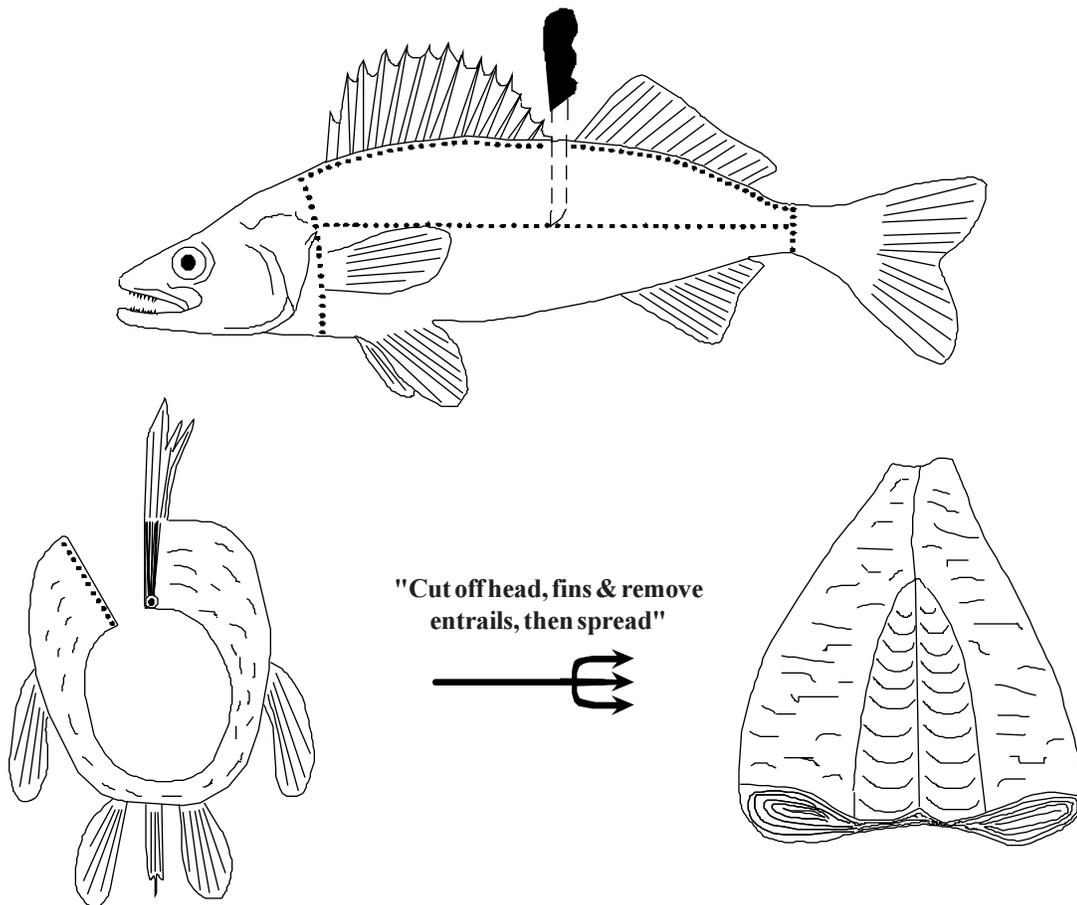




## Planked Fish

In preparing a planked fish it should first be wiped clean; but it is not necessary to scale the fish. The head and tail are removed. The fish is then cut down the back along each side of the backbone through to the body cavity.

It is then spread open - the entrails are removed and the area well cleaned in water. The end result is a piece of meat thick on the outside, thin on the inside with the ribs and skin still intact.



## Fillets

The traditional fillet can also be used on the barbecue. But it is suggested that the skin be left on the fillet or else the meat will flake

when cooked and in all likelihood fall through the grate in the fire.





## Cooking the Fish

### Fish Steaks

Place the steaks in a single layer in a shallow pan and pour the sauce of your choice over the top. Marinade steaks for 30 minutes to one hour, turning once. Cook about four inches from the coals for about ten minutes on each side. Remaining sauce can be brushed on the fish steaks as they are cooking.

### Small Whole Fish

Dressed fish with or without heads and tails (it's your choice). This is an excellent way to use your small (under one pound) fish. Flat fish types such as perch, bass or freshwater drum are excellent for this purpose. It is also much easier to prepare a small fish this way than trying to fillet.

Into the body cavity place a couple pats of butter and lemon slices: or any of the following, or any combination - orange, onion, bacon, apple, potato, carrots, broccoli, garlic, summer sausage, an ounce of whiskey or wine or almost anything else you may fancy. Should you use items which need extra cooking like carrots or potatoes it is best to slice them very thinly or precook them a little.

Place fish and ingredients in a double thickness of heavy aluminum foil, fold over and seal edges to make an air-tight seal. Place directly onto coals and cook 12 to 15 minutes.

Serve the fish still wrapped in the foil as the aroma which escapes when it is first opened is one of the subtle pleasures of fish barbecuing.

### Fish Kabobs

Cut fillets (with skin still on) into pieces about one by four inches. Marinade fish for about 30 minutes or so in the sauce of your choice. Double the fish chunks with the skin on the outside and thread onto a greased barbecue skewer. Alternate with vegetables of your choice - try to mix up the colours to give a more appetizing appearance. Brush kabobs with the marinade sauce and cook about 4 inches from coals for about five minutes. Turn, brush again with sauce and cook on the other side for an additional five minutes. Serve skewer and all on a bed of rice.

The following are some of the vegetables which can be used for kabobs: mushrooms, zucchini, green pepper, small onions, cauliflower, small tomatoes, small canned potatoes, sliced carrots, brussel sprouts, pineapple chunks.

### Planked Fish

Fish is prepared for planking and allowed to marinade for about one hour in one of the sauces. It is then placed, skin side down, on a plank about eight inches by 18 inches. Secure the fish to the plank by tying twine around the board in three or four locations. The fish is then cooked by placing the base of the board, head end down, on the grill and leaning the top against the barbecue hood. Depending on the size of the fish the cooking time could be upwards of 30 minutes - keep a close eye on the fish as it cooks. When done the twine is cut and the fish is served on the plank.

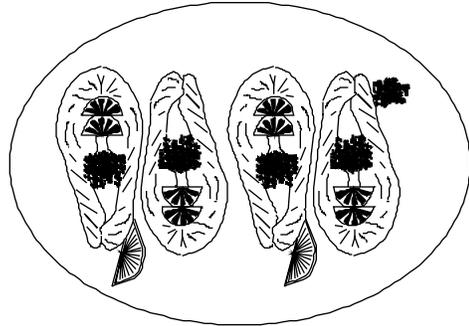
### Fish Fillets

Fillets can simply be marinated in one of the sauces and cooked for about six minutes per side. Brush with sauce when turning. With fillets you will find it much easier to cook and turn if the fish is placed in a hinged wire grill.



## Serving the Fish

All barbecued fish can and should be served with vegetables, baked potatoes, salad, et cetera, just the same as any barbecued meats. Remember presentation and appearance makes an excellent meal taste even better - so use parsley, lemon twists, tomato wedges, tartar sauce and paprika to dress up your fish plate and add a little colour. It is this last little touch of style that changes you from just a cook to a chef.



## Sauces for Fish

1. 3 tablespoons lemon juice  
1/4 teaspoon salt  
1 teaspoon grated lemon rind  
1/8 teaspoon pepper  
1/4 cup salad oil  
1 tablespoon finely chopped onion  
1/4 teaspoon margarine
2. 1/2 cup soy sauce  
2 cloves garlic, minced  
1/4 cup ketchup  
2 tablespoons lemon juice  
1/4 cup chopped parsley  
1 teaspoon pepper  
1/2 cup orange juice
3. 2 teaspoons lemon juice  
1 teaspoon horseradish  
1 cup salad oil  
1/2 teaspoon salt  
1 can (8 oz.) tomato sauce  
1/2 teaspoon garlic salt
4. 1 cup Italian salad dressing  
1 teaspoon salt  
1 tablespoon lemon juice  
1/2 teaspoon pepper
5. 1/2 cup ketchup  
1/2 teaspoon grated onion  
1/4 cup salad oil  
1/2 teaspoon dry mustard  
3 tablespoons lemon juice  
1/4 teaspoon paprika  
2 tablespoons vinegar  
1 clove garlic finely chopped  
1 teaspoon salt  
3 drops Tabasco sauce  
1 teaspoon Worcestershire sauce
6. 1/2 cup red table wine  
1 clove garlic, minced  
1 tablespoon vinegar  
1/2 teaspoon pepper  
1/4 cup salad oil  
pinch cayenne  
1 small onion, grated  
dash sugar

After using as a marinade and/or baste, add one cup sour cream and one table spoon chopped chives. Reheat and serve over the barbecued fish.

