



Go Fishing for Healthy Omega-3's **Special to The Weber Newsroom™, by Monique Ryan, MS, RD, LDN**

You likely are aware of the numerous health benefits of consuming fish such as preventing heart disease, certain cancers, and stroke, as well as boosting immune function, and reducing unnecessary blood clotting. That's because fish is such an excellent source of the specialized and tongue twisting fats omega-3 fatty acids called eicosapentaenoic (EPA) and docosahexaenoic (DHA). Good taste asides, most experts agree that we need to get more fish, and EPA and DHA fatty acids, in our diet. Over half of Weber GrillWatch Survey respondents say they are grilling more fish. The American Heart Association recommends three fish meals weekly for adults and up to 12 ounces weekly are recommended for pregnant women and children.

Grilling seafood offers up a variety of new tastes as well as health benefits. Fish can be consumed both safely and with a few expert grilling tips, your fish will arrive to the table in style. You've probably heard that fish have been affected by environmental contamination of mercury. The form called methylmercury builds up in fish when the feed in contaminated waters. Nearly all fish contain traces of methylmercury, with the larger and fattier fish such as shark, swordfish, king mackerel or tilefish, containing the highest amounts. Fish lower in mercury are salmon, cod, Pollack, sole, haddock, tilapia, shrimp, scallops, and whitefish. See the table below for more information on the nutrient content of fish, including the EPA and DHA content.

Form fish and seafood are the easiest to grill, and tender fish require a bit more care. One of the most important fish grill strategies is to prevent sticking. So if you are new at grilling fish, follow the grill steps outlined below:

1. Firm Fish. Start with a firm fish that is a bit oily, like salmon or tuna.
2. Marinades and Oils: Limit marinating times to just a few hours, as marinades work more quickly in fish. If you don't use a marinade, coating the fish lightly on both sides with oil is also helpful.
3. Clean Grate: Use a brass bristle brush to get the cooking grate really clean before placing the fish on it. You can also preheat the grill for about ten minutes to get it really hot. The thinner the fish steaks or fillets, the higher the heat should be.
4. Good Timing: Cook the first side longer. Fish comes off the grill more easily after the delicate crust of carmelization develops between the fish and the grate. Carmelization happens faster when the fish stays in place on the hot grate. Keep the lid down as much as possible.
5. One Flip: Grilling fish only requires one flip of the wrist. Every time you turn fish, you create a new possibility for sticking, so turn it only once. Turn the fish to a clean section of the grill when grill marks have developed on the first side.

Fish is properly cooked when it is just turning opaque throughout the fillet. With almost every kind of fish, you should get it off the grill before it flakes by itself. Rely on the knife poke test, as

well as the time given in recipes. Shellfish turn pearly white at the center when they are finished. You can check by cutting one shrimp or scallop in half.

Buying fresh fish is also the key to good flavor and texture when grilling fish. Buy from a market that has a high turnover of three days or less. The flesh should be bright and glistening, and be firm and elastic to the touch. Refrigerate fish and seafood as soon as possible, and store in the coldest part of your refrigerator for no more than a couple of days. When looking to purchase fresh fish, you can substitute fish of a similar firmness and texture into a recipe.

NUTRIENT CONTENT OF FISH	FISH, 6 OZ	FAT	SAT FAT	CHOL	CALS	EPA + DHA CONTENT (MG)
	Arctic Char	15	2.5	126	325	200 mg
Atlantic Cod	1.5	0.3	94	180	200 mg	
Catfish, Farmed	14	3	110	260	210 mg	
Haddock	1.6	0.3	127	192	350 mg	
Herring, Atlantic	20	4.5	132	350	3,600 mg	
Mackerel, Atlantic	30	7	128	450	1,950 mg	
Ocean Perch	4	0.5	93	207	540 mg	
Pacific Cod	1.4	0.2	80	180	375 mg	
Pollock	2	0.3	156	200	975 mg	
Salmon, Coho	14	3	108	305	1,800 mg	
Salmon, Wild Atlantic	21	4	108	353	3,750 mg	
Shrimp	2.3	0.3	432	171	600 mg	
Sole	3	0.6	116	200	800 mg	
Tilapia	4.5	1.6	98	220	330 mg	
Whitefish	13	2	132	295	3,150 mg	

Source: United States Department of Agriculture, Release 20

Grilling Guide for Fish and Seafood

Type	Thickness/Weight	Approximate Grilling Time
Fish, fillet or steak*	¼ to ½ inch thick	3 to 5 minutes Direct High
	½ to 1 inch thick	5 to 10 minutes Direct High
	1 to 1¼ inches thick	10 to 12 minutes Direct High
Fish, whole	1 pound	15 to 20 minutes Indirect Medium
	2 to 2½ pounds	20 to 30 minutes Indirect Medium
	3 pounds	30 to 45 minutes Indirect Medium
Shrimp		2 to 4 minutes Direct High
Scallop		3 to 6 minutes Direct High
Mussel (discard any that do not open)		5 to 6 minutes Direct High
Clam (discard any that do not open)		8 to 10 minutes Direct High
Oyster		3 to 5 minutes Direct High
Lobster tail		7 to 11 minutes Direct Medium

*includes halibut, red snapper, salmon, sea bass, swordfish, and tuna

Note: General rule for grilling fish: 4 to 5 minutes per ½ inch thickness; 8 to 10 minutes per 1 inch thickness.

Below are three delicious fish recipes from Chef Jamie Purviance and *Weber's Way to Grill*:



Cedar-Planked Salmon with Tarator Sauce



Serves: 6

Prep time: 20 minutes

Way to grill: direct medium heat (350° to 450°F)

Grilling time: 20 to 30 minutes

Special equipment: 1 untreated cedar plank, 12 to 15 inches long and ½ to ¾ inch thick, soaked in salted water for at least 1 hour

Sauce

- 2 pieces firm white bread, crusts removed
 - 2 garlic cloves
 - ½ cup hazelnuts, lightly toasted and skinned
 - 3 tablespoons fresh lemon juice
 - ½ cup extra-virgin olive oil
 - ¼ cup fresh Italian parsley leaves
 - Kosher salt
 - Freshly ground black pepper
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- 1 salmon fillet (skin on), about 2 pounds
 - ½ cup brown sugar

1. Soak the bread briefly in water, squeeze dry, and set aside. In the bowl of a food processor combine the garlic and hazelnuts and process until the nuts are finely ground. Add the bread and lemon juice and process until smooth. With the motor running, add the oil in a slow, steady stream. Add the parsley, ½ teaspoon salt, and ¼ teaspoon pepper and pulse quickly. Season to taste with additional salt, pepper, and lemon juice, if desired.

2. Prepare the grill for direct cooking over medium heat. Remove any remaining pin bones from the fillet. Cut the fillet crosswise to make 4 servings, but do not cut through the skin. Generously season with salt and pepper.

3. Place the soaked plank over direct medium heat and close the lid. After 5 to 10 minutes, when the plank begins to smoke and char, turn the plank over and then lay the fillet on the plank. Carefully sprinkle the brown sugar over the entire surface of the fillet. Close the lid and let the salmon cook until lightly browned on the surface and cooked to your desired doneness, 15 to 20 minutes for medium rare. Cooking time will vary according to the thickness of the fillet. Serve warm with the sauce on the side.

Makes 6 servings

Per serving

Calories: 550; Protein: 35 g; Fat: 38 g; Saturated Fat: 5.2 g; Cholesterol: 94 mg; Sodium: 193 mg; Fiber: 1.4 g; Carbohydrate: 17 g; Omega-3 fatty acids: 2100 mgs

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Grilled Fish in a Caribbean Citrus Marinade



Serves: 6

Prep time: 15 minutes

Marinating time: 3 hours

Way to grill: direct high heat (450° to 550°F)

Grilling time: 8 to 10 minutes (fillets) or

4 to 6 minutes (shellfish)

Marinade

- 2 teaspoons grated orange zest
 - ½ cup fresh orange juice
 - 1 teaspoon grated lime zest
 - ¼ cup fresh lime juice
 - ¼ cup extra-virgin olive oil
 - ¼ cup pure chile powder
 - 1½ tablespoons finely minced garlic
 - 1½ teaspoons ground coriander
 - 1 teaspoon finely minced jalapeño chile pepper
 - ¾ teaspoon ground allspice
 - ¾ teaspoon freshly ground black pepper
 - ¼ teaspoon ground cayenne pepper
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- 6 fish fillets, grouper, sea bass, flounder, cod, or halibut (with skin), each 5 to 6 ounces and about 1 inch thick or 1½ pounds large prawns or scallops

Extra-virgin olive oil

Kosher salt

1. In a medium bowl combine the marinade ingredients. Reserve 1/3 cup of the marinade to serve with the grilled fish.
2. Place the fillets or shellfish side by side in a non-reactive dish, such as an 8x8-inch glass dish. Pour the remaining marinade over the fish or shellfish and turn to coat them. Cover and refrigerate the fish and reserved marinade for 3 hours.
3. Prepare the grill for direct cooking over high heat.
4. Remove the fillets or shellfish from the dish and discard the marinade. Lightly brush with oil and season with some salt.
5. Brush the cooking grates clean. Grill the fillets, skin side up, over direct high heat, with the lid closed as much as possible, until just opaque in the center, 8 to 10 minutes, turning once after 6 to 7 minutes when they release easily from the cooking grate. If using prawns or scallops, grill over direct high heat for 4 to 6 minutes, turning once. Serve with the reserved marinade spooned over the fillets or shellfish.

Makes 6 servings

Per serving

Calories: 463; Protein: 55 g; Fat: 23 g; Saturated Fat: 3 g; Cholesterol: 92 mg; Sodium: 275 mg; Fiber 0.5 g; Carbohydrate: 9 g; Omega-3 fatty acids: 1273 mgs

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South-of-the-Border Grill Pan Fish



Serves: 4

Prep time: 15 minutes

Marinating time: 30 minutes

Way to grill: direct medium heat (450° to 550°F)

Grilling time: 16 to 20 minutes

Special equipment: perforated grill pan

Marinade

- ¼ cup extra-virgin olive oil
- 4 teaspoons fresh lime juice
- 2 teaspoons pure chile powder
- 1½ teaspoons kosher salt
- ½ teaspoon ground cumin
- ½ teaspoon granulated garlic
- ½ teaspoon dried Mexican oregano
- ½ teaspoon paprika

4 rock cod, grouper, or red snapper fillets (with skin), 6 to 8 ounces each and about ¾ inch thick

Kosher salt

- 2 poblano chile peppers, stems and seeds removed, cut into ½-inch rings
- 4 plum tomatoes, cored and cut into ½-inch slices
- 8 garlic cloves, peeled
- 4 large scallions, rinsed and trimmed

1. In a small bowl combine the marinade ingredients. Transfer 2 tablespoons of the marinade to a large bowl.

2. Arrange the fillets in a single layer on a platter, pour the marinade from the small bowl over the fillets to coat each piece evenly, and season with some salt. Cover with plastic wrap and marinate at room temperature for 30 minutes.

3. Place the chiles, tomatoes, garlic, and scallions in the large bowl with the reserved marinade and toss to coat them evenly.

4. Prepare the grill for direct cooking over medium heat. Brush the cooking grates clean. Preheat the grill pan over direct medium heat for about 10 minutes. When hot, grill the vegetables on the pan, with the lid closed as much as possible, until the chiles and tomatoes soften and the garlic and scallions begin to brown, 6 to 8 minutes, turning occasionally. Remove the vegetables from the grill pan and set aside. Grill the fish, skin side up, on the grill pan, over direct medium heat, with the lid closed as much as possible, until the fish is opaque and still juicy, 10 to 12 minutes, carefully turning once when the fish releases easily from the grill pan.

5. Transfer the fish to a serving platter and arrange the vegetables all around. Serve warm.

Makes 4 servings

Per serving

Calories: 330; Protein: 42 g; Fat: 15 g; Saturated Fat: 2 g; Trans Fat: 0 g; Cholesterol: 98 mg; Sodium: 550 mg; Fiber: 1 g; Carbohydrate: 7 g; Omega-3 fatty acids: 549 mg

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Monique is a prolific nutrition writer and is the author of dozens of magazine articles and four books including, Sports Nutrition for Endurance Athletes, and Performance Nutrition for Team Sports. She is a regular contributor to VeloNews, Inside Triathlon, and Outside magazines. Monique has consulted for USA Cycling, USA Triathlon, the Chicago Fire Soccer Team, the Timex Multisport Team, and several professional cycling teams. She currently consults with coaches, athletic trainers, and professional and amateur athletes competing at all levels.

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