

GRILLING CHARTS

DIRECT-GRILLING FISH

Prep your fish or seafood by thawing if frozen. Rinse only if necessary. Pat dry with paper towels. Place fish fillets in a well-greased grill basket. For fish steaks and whole fish, grease grill rack. Thread scallops or shrimp on skewers, leaving a ¼-inch space between pieces. For a charcoal or gas grill, grill fish, covered, over medium heat for the time given below or until the fish flakes when tested with a fork (seafood should look opaque), turning once halfway through grilling. If desired, brush with vegetable oil or melted butter after turning.

FORM OF FISH	THICKNESS/WEIGHT	GRILLING TEMPERATURE	DIRECT-GRILLING TIME*	DONENESS
DRESSED WHOLE FISH	½ to 1½ lb.	Medium	6 to 9 minutes per 8 oz.	Flakes
FILLETS, STEAKS, CUBES for kabobs	½ to 1 inch thick	Medium	4 to 6 minutes per ½-inch thickness	Flakes
LOBSTER TAILS	6 to 8 oz.	Medium	10 to 12 minutes	Opaque
		Medium	12 to 15 minutes	Opaque
SEA SCALLOPS for kabobs	12 to 15 per lb.	Medium	5 to 8 minutes	Opaque
SHRIMP for kabobs	20 per lb.	Medium	5 to 8 minutes	Opaque
	12 to 15 per lb.	Medium	7 to 9 minutes	Opaque

*All cooking times are based on fish or seafood removed directly from refrigerator.

