

GRILLING CHARTS

INDIRECT-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, prepare grill for indirect cooking using a drip pan. Place fish over drip pan. Grill, covered, over indirect medium heat for the time given below or until the fish begins to flake when tested with a fork (seafood should look opaque), turning once halfway through grilling if desired. If desired, brush with vegetable oil or melted butter after turning.

FORM OF FISH	THICKNESS/WEIGHT	GRILLING TEMPERATURE	DIRECT-GRILLING TIME*	DONENESS
DRESSED FISH	½ to 1 ½ lb.	Medium	15 to 20 minutes per 8 oz.	Flakes
FILLETS, STEAKS, CUBES for kabobs	½ to 1 inch thick	Medium	7 to 9 minutes per ½-inch thickness	Flakes
SEA SCALLOPS for kabobs	12 to 15 per lb.	Medium	11 to 14 minutes	Opaque
SHRIMP for kabobs	20 per lb.	Medium	8 to 10 minutes	Opaque
	12 to 15 per lb.	Medium	9 to 11 minutes	Opaque

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

