

FISH GRILLING CHART

Type of Fish	Grill Method	Cook Time	Special Preparation & Seasoning Tips
Delicate-textured fish: Fish Fillets Flounder, sole Cod Firm-textured Fillets Tilapia Catfish Striped Bass Red Snapper Monkfish	Indirect Medium Heat, skin-side down. Grill covered. May also place in foil pan or on heavy duty foil. Thick, firm-fleshed fillets may be grilled over direct medium-high heat.	8 min. per inch thickness 5 to 8 min. per side	Season with salt and pepper to taste. Baste with olive oil or melted butter. Glaze with Cattlemen's Barbecue Sauce during last few minutes of cooking. Tip: Baste fish with Browned Butter for a pleasant, nutty taste. To make Browned Butter: Melt butter in small heavy saucepan over medium heat, stirring frequently, about 5 min. until butter just begins to turn golden brown. Remove from heat.
Firm-textured fish: Fish Steaks Salmon Tuna Swordfish	Direct Medium Heat. Grill covered.	10 min. per inch thickness	Season fillet with salt and pepper to taste. Brush with vegetable oil. Teriyaki BBQ: Mix 1/2 cup Cattlemen's BBQ Sauce with teriyaki sauce. Reserve half for dipping. Use remainder to baste fish during cooking.
Firm-textured fish: Large Fillets Whole salmon fillet with skin	Wooden Plank Use untreated wood such as cedar. Can be found in grocery stores and specialty food stores. Soak wood in water at least 1 hour. Oil plank and place fish, skin-side down in center. Grill, covered, over indirect medium heat.	15 to 20 min. for 1 1/2 lb. fish. Alternate plank method: soak plank. Place directly over medium-high heat until plank is hot and beginning to scorch around the edges. Oil plank and place fish fillet in center. Transfer to indirect portion of grill, grill covered.	Season fillet with salt and pepper to taste. Brush with vegetable oil. Baste with Barbecue Bourbon Glaze: Mix 1 cup Cattlemen's BBQ Sauce, 1/4 cup French's Worcestershire Sauce, 1/4 cup honey, 2 tbsp. <i>each</i> bourbon and melted butter.
Whole fish Red Snapper Striped Bass Trout	Indirect Medium Heat. Grill covered. Place in grilling basket, foil pan, on grill mat or wrap in heavy duty foil.	10 to 15 min. for 1 lb. fish. 14 to 17 min for 2 1/2 lb. fish.	Rinse inside and out of fish with cold water. Pat dry. Season with salt and pepper to taste. Baste with olive oil or melted butter. Sprinkle with fresh herbs such as dill, parsley or thyme. Splash with fresh lemon or lime juice. Place lemon or lime slices inside cavity.

Shrimp	Direct Medium-high Heat. Grill uncovered.	2 to 5 min. depending on size. Grill until shrimp turn pink and are barely opaque in center.	Baste with Cattlemen's Barbecue Sauce during grilling.
Scallops	Direct Medium-high Heat. Grill uncovered.	2 to 5 min. Grill until scallops are barely opaque in center. Do not overcook.	Wrap scallops in bacon and baste with Cattlemen's Barbecue Sauce.
Clams, mussels	Direct Medium-high Heat. Grill covered. Place directly on grill or in foil pan or pouch.	4 to 6 min. until shells open.	Sprinkle clams and mussels with chopped garlic, minced parsley or cilantro, lemon juice and olive oil.

General Notes:

- All types of fish will cook quicker if the grill is covered, but watch carefully or fish may burn or overcook.
- Medium indirect heat is about 300 to 325°F.
- Cooking times are just guidelines. The temperature of your grill may vary based on the type of grill used or conditions of the weather. Therefore, always visually check fish a few minutes before end of cooking time. Allow 5 to 10 minutes for fish to rest before serving.