Seafood Basics: Grilling

Quick · Serves 4

Ken's note: TBD

The master page for grilled fish and shellfish. Use firm fish (salmon, mahi, swordfish, tuna, halibut), shrimp, scallops, or whole shellfish. The three rules: clean hot oiled grates, don't move the fish until it releases, and pull it a little early.

Ingredients

- 4 fish fillets or steaks, 1 inch thick, 6 oz each (skin on is easiest on the grill), or 1½ lb large shrimp or sea scallops
- Olive oil
- Kosher salt: ½ tsp per fillet
- Black pepper
- Lemon wedges

Method

1. Pat the fish dry, brush with oil, and season with salt and pepper. Heat the grill to medium-high (about 450°F), scrub the grates, and oil them with a folded paper towel held in tongs.
2. **Fish.** Lay the fillets on the grill, skin-side down, at an angle to the grates. Close the lid and don't touch them for 4–5 minutes, until they release easily and the edge turns opaque. Flip once with a wide spatula and cook 2–4 minutes more. Roughly 8–10 minutes per inch of thickness in total. Pull at 130–135°F for salmon and tuna (medium), 140°F for mahi, bass, and other white fish. Salmon is best at 120–125°F for medium-rare. The fish will keep cooking as it rests.
3. **Shrimp and scallops.** Thread on skewers (soak wooden ones 30 minutes) or use a grill basket. Grill over high heat, 2–3 minutes per side, until the shrimp curl into a C and are opaque, and the scallops have grill marks and are just firm. Take them off before they curl into a tight circle.
4. **Foil packets.** For delicate fish like tilapia, wrap the fish with butter, garlic, herbs, and tomato in foil and grill, covered, about 15 minutes (see Tilapia with Wine and Tomatoes).
5. The other seafood basics pages: Pan-Searing (crispy-skin fish, scallops, shrimp); Bake, Roast, and Broil.

Notes

Finishing menu

- **Seasoning:** lemon and herbs; or Cajun blackening mix (see Blackened Mahi Tacos); or the Traeger dry rub on salmon.
- **Glaze:** the honey-soy-lemon glaze on Traeger Salmon, brushed on in the last few minutes.
- **Sauces** (all in Sauces): Lemon Butter Sauce, Beurre Blanc, Hollandaise, Green Sauce, Remoulade, Chimichurri, or Tartar Sauce.
- **Salsa:** the mango, peach, and pineapple salsa on Chicken Breasts Three Ways.
- **Grill alongside:** Grilled Asparagus and pineapple (see Grilled Mahi Mahi with Pineapple).