

# SPICY REDFISH ON THE HALF-SHELL

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## REDFISH BASTE

- ◆ Melt 1 stick of butter in a saucepan
- ◆ Add to melted butter:
  - Garlic powder – 1 teaspoon
  - Juice from one fresh lemon
  - Tony Chachere's – 1 teaspoon
  - Soy sauce – 1 Tablespoon
  - Worcestershire sauce – 1 Tablespoon
  - Zatarain's liquid crab boil – 2 teaspoons
  - Cooking wine - ¼ cup

## PREPARATION

- ◆ Halve and gut fresh redfish but do not scale. Scale side acts as a "shell" and goes directly on grill.
- ◆ Preheat gas grill; charcoal grill (Heat the grill pretty high).
- ◆ Brush the meat side of the fillet with melted butter baste.
- ◆ Turn the heat down medium to low.
- ◆ Lay the fillet skin side down on the grill.
- ◆ Close lid to grill or oven door and cook approximately 20 minutes or until fish is opaque and flaky.
- ◆ Baste the fish with the mixture in the saucepan every 5 minutes.
- ◆ The skin will curl up keeping most of the basting mixture on the meat, keeping it very moist.
- ◆ Depending on the thickness of the fish, cooking time should take from 20 to 30 minutes to cook on low to medium heat.
- ◆ Test the fish to see if it is done by sliding a spatula between the meat and the skin. When it separates easily, it's done. The tail will finish first and you just slide it towards the gills until you meet resistance. Not ready. Try again in a minute or so and Voila, it slides right off.
- ◆ When its time to remove the fish from the grill most of the scales will stay on the grill.

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