

FISH AND SHELLFISH

Over The Coals

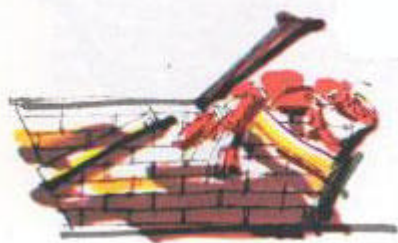


what's inside for outside cooking....

Buying the Fish.
Starting the Fire.

Recipes from some of America's best cooks...

Cathy and Gene's Grilled Spiny Lobster
Gary and Jean's Fish in Foil
Ralph's Grilled Red Snapper Steaks
Gerald and Becky's Stuffed Flounder
Mat and Rose's Crab Stuffing
Bill and Margaret's Banner Elk Trout Delight
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Richard and Angie's Soft-Shell Crabs
Doug and Karen's Sesame Trout
Sonny and Phyl's Smoked Mullet
Kay and Bill's Boiled Lobster
Puck and Pearl's Broiled Scallops
Lessie and John's Shrimp Boil
Mark and Daniella's Salmon Steaks
Buck and Nancy's St. Augustine Fish Fry
Pat's Indian River Clambake
Mike and Carol's Fried Grouper Finger's
Steve and Greg's Swordfish Steaks
Nanny's Blue Crab Boil
Laurie's Grouper Potato Pancakes
Cindy and Joe's Barbecued Grouper
Captain Dave's Barbequed King Mackerel
Bobby's Grouperburgers
Tig and Anton's Gourmet Salmon Steaks
Grady's and Alice's Oyster Bake
Mindy's Clambake
Matt and Marlene's Trout or Redfish



buying the fish...

Fresh and frozen fish may be purchased in a variety of cuts or forms....but remember,,,

Always buy your fish from a licensed establishment and ask if the firm has employees who have been trained and certified under the US Food and Drug Administration's **Hazard Analysis and Critical Control Point (HACCP)** rules. If you buy fish from an un-inspected source it can be dangerous.

HACCP Training is important to you as a consumer. Most species of fish are the safest form of protein available but some fish species are Scombroid-toxin forming and unless they are handled properly can cause illness. Scombroid-toxin forming species include tuna, mackerels, mahi-mahi, bluefish, and amberjack. Histamine can develop in their flesh if these fish are temperature abused.

Legitimate and licensed wholesale and retail seafood dealers who fall under state or federal inspection are aware of this potential and use proven procedures to determine the condition of the fish they buy and offer for sale. In the case of Scombroid-toxin forming species, at a licensed and HACCP approved facility, random samples of fish are probed to check the internal temperature when the fish are received by that facility. Fish whose internal temperature is over 45° F. are rejected. Roadside purchase of seafood is dangerous because the consumer doesn't know if the seafood was handled properly after harvest or taken from approved waters. In many cases, roadside cash sales are never reported to the IRS and the fish sales are not tabulated by fishery management agencies and may have been harvested illegally. In many instances it results in "CASH FOR TRASH".

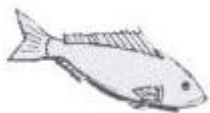
As a consumer, you would never consider buying a dead chicken or piece of a cow or pig hanging in the breeze under a shade tree or tent. You should also use good judgment when purchasing seafood. Roadside vendors don't have a Sanitation Operating Procedure nor a place to even wash hands. There is no hot water for killing germs nor restroom facilities. Roadside scales may not be calibrated so the good deal you think you made may be costing you more than if purchased from a licensed and inspected facility in the first place. For example, if you buy a pound of shrimp on the side of the road for \$5.00 per pound and the scales are off by 3 ounces, you really only get 13 ounces of net weight meat. This results in your paying \$5.94 per pound, not including any ice or heads that might be in the package. In addition the shrimp or seafood could be soaked with chemicals to make the meat absorb water making your net weight of meat even less. In the case of roadside shrimp, you have no assurance sodium bisulfite wasn't excessively used to give the shrimp a false look of quality. If you are allergic to this chemical, you could have a drastic health reaction because no label is on the product warning you of sodium bisulfite usage.

Enjoy quality seafood!!

It's good for the heart!

Remember to always buy from a licensed and inspected source.

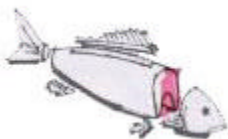
Available Forms of Fish



Whole or round fish are those marketed just as they come from the water. Before cooking, they must be eviscerated and scaled; usually the head, tail, scales and fins are also removed.



Drawn fish are marketed with only the entrails removed. Before cooking, the head, scales, and fins are removed.



Dressed or pan-dressed fish are eviscerated and scaled; usually with the head, tail, and fins removed. This form is ready for cooking as purchased.



Steaks are cross-section cuts from larger dressed fish. They are ready to cook as purchased.



Fillets are the sides of the fish, cut lengthwise away from the backbone. They are ready to cook as purchased.



Sticks and portions are pieces of fish cut from blocks of frozen fillets with a uniform size ranging in weight from 1 to several ounces. They are ready to use as purchased.

Ask for your dealer's help. When ordering fresh or frozen fish or shellfish tell your dealer how you plan to serve it. If you wish the head, tail and fins removed from the whole or drawn fish, or if you wish the fish cut into serving-size portions, ask your dealer to do it for you. He will also open oysters or clams ready for serving or shuck them ready for cooking.

How much to buy. A serving of fish is generally $\frac{1}{3}$ to $\frac{1}{2}$ pound of edible fish. Therefore, for whole fish allow about 1 pound per person. For dressed fish allow $\frac{1}{2}$ pound per person or 3 pounds for six people. For steaks, fillets, or sticks, allow $\frac{1}{3}$ pound for six people.

How to recognize good fish. When selecting whole, fresh fish, look for bright, clear, bulging eyes; reddish pink gills; bright colored scales adhering tightly to the skin; and elastic flesh, springing back when pressed. Use your nose. If it smells bad, don't buy it.

starting the fire...

- 1** Line the bottom of the fire bowl with heavy duty aluminum foil. This gives additional fuel economy by reflecting the heat and makes cleaning easier.
- 2** If the bottom of the fire bowl is not perforated, a gravel base will permit the fire to "breathe" and give an even-heat distribution. Use enough gravel to make the bed level out to the edge of the bowl. Gravel or crushed stones $\frac{1}{4}$ to $\frac{3}{8}$ inch in diameter will give best results.
- 3** Start the fire far enough in advance to get a good bed of coals before beginning to barbecue. One method, which takes about 45 minutes, is to stack briquettes in a pyramid and soak lightly with a recommended lighting fluid. Let stand 1 minute, then light. Take necessary safety precautions when lighting the fire, such as having a water hose on hand.

NEVER USE GASOLINE!

- 4** When the briquettes surface is covered with a gray ash, spread the coals evenly and the fire is ready.
- 5** Make the charcoal layer slightly wider than the food to be cooked on the grill.
- 6** Wood chips give a pleasant smoky flavor to fish. Soak the chips in water at least an hour before using, so they will produce maximum smoke and not burn too rapidly. Add a few chips at a time while cooking. If chips flame up, add more wet chips.

Remember: Never overcook your fish; they contain no tough connective tissue and cook very quickly. Fish should be cooked only until they flake easily when tested with a fork. Cook them until **GOLDEN**, never until they are brown. Brown fish are burned fish.



CATHY AND GENE'S GRILLED SPINY LOBSTER TAILS

*6 spiny lobster tails
(8 ounces each),
fresh or frozen
1/4 cup butter or margarine,
melted*

*2 tablespoons lemon juice
1/4 teaspoon salt
Melted butter or margarine*

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges. Cut 6 pieces of heavy-duty aluminum foil, 12 x 12 inches each. Place each lobster tail on foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Bring the foil up over the lobster and close all edges with tight double folds. Make 6 packages. Place packages on a grill, shell side down, about 5 inches from hot coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.

GARY AND JEAN'S FISH IN FOIL

*2 pounds fish fillets
fresh or frozen
2 green peppers, sliced
2 onions, sliced
1/4 cup butter or margarine,
melted*

*2 tablespoons lemon juice
2 teaspoons salt
Dash pepper
1 teaspoon paprika*

Thaw frozen fillets. Cut into serving-size portions. Cut 6 pieces of heavy-duty aluminum foil, 12 x 12 inches each. Grease lightly. Place a portion of fish, skin side down, on foil. Top with green pepper and onion. Combine remaining ingredients. Pour sauce over fish. Bring the foil up over the food and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 5 inches from moderately hot coals. Cook for 45 to 60 minutes or until fish flakes easily when tested with a fork. Serves 6.

RALPH'S GRILLED RED SNAPPER STEAKS

*2 pounds red snapper steaks
fresh or frozen
1/2 cup melted fat or oil
1/4 cup lemon juice
2 teaspoons salt*

*1/4 teaspoon Worcestershire sauce
1/4 teaspoon white pepper
Dash liquid hot pepper sauce
Paprika*

Thaw frozen steaks. Cut into serving-size portions and place in well-greased, hinged wire grills. Combine remaining ingredients except paprika. Baste fish with sauce and sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6. (Works just as well with smaller red snapper fillets).





GERALD AND BECKY'S STUFFED FLOUNDER

*6 pan-dressed flounder
(3/4 pound each),
fresh or frozen
Mat and Rose's Crab stuffing
3/4 cup butter or margarine.
melted*

*1/3 cup lemon juice
2 tablespoons salt
Paprika*

Thaw frozen fish. Clean, wash, and dry fish. To make a pocket for the stuffing lay the fish flat on a cutting board, light side down. With a sharp knife cut down the center of the fish along the backbone from the tail to about 1 inch from the head end. Turn the knife flat and cut the flesh along both sides of the backbone to the tail allowing the knife to run over the rib bones.

Stuff fish loosely. Combine butter, lemon juice, and salt. Cut 6 pieces of heavy-duty aluminum foil, 18 x 18 inches each. Grease lightly. Place 2 tablespoons sauce on foil. Place fish in sauce. Top each fish with 1 tablespoon sauce and sprinkle with paprika. Bring the foil up over the fish and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 6 inches from moderately hot coals. Cook for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.



MAT AND ROSE'S CRAB STUFFING

*1 pound crab meat,
fresh or frozen
or
3 cans (6 1/2 or 7 ounces each)
crab meat
1/2 cup chopped onion
1/3 cup chopped celery
1/3 cup chopped green pepper*

*2 cloves garlic, finely chopped
1/3 cup melted fat or oil
2 cups soft bread cubes
3 eggs, beaten
1 tablespoon chopped parsley
2 teaspoons salt
1/4 teaspoon pepper*

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage from crab meat. Cook onion, celery, green pepper, and garlic in fat until tender. Combine bread cubes, eggs, parsley, salt, pepper, cooked vegetables and crab meat; mix thoroughly.

BILL AND MARGARET'S BANNER ELK TROUT

*2 pounds pan-dressed yellow
tail or brook trout,
fresh or frozen
2 tablespoons lemon juice*

*2 teaspoons salt
1/4 teaspoon pepper
1 pound sliced bacon*

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice and sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook about 5 inches from moderately hot coals for 10 minutes. Turn and cook for 10 to 15 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork. Serves 6.

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FRED AND MARIANNE'S CAMPFIRE MULLET

*3 pounds pan-dressed mullet
or other small fresh fish,
1/3 cup chopped parsley
3 strips bacon, cut in half*

*Dash pepper
1/3 cup chopped onion
2 teaspoons salt*

Clean, wash, and dry fish. Cut 6 pieces of heavy-duty aluminum foil, 12 x 12 inches each. Grease lightly. Divide fish into 6 portions. Place fish on foil. Sprinkle with salt and pepper. Place onion and parsley on fish. Top with bacon. Bring the foil up over the food and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 4 inches from hot coals. Cook for 10 to 15 minutes or until fish flakes easily when tested with a fork. Serves 6.



RICHARD AND ANGIE'S SOFT-SHELL CRABS

<i>12 dressed soft-shell blue crabs, fresh or frozen</i>	<i>1/4teaspoon nutmeg</i>
<i>3/4cup chopped parsley</i>	<i>1/4teaspoon soy sauce</i>
<i>1/2cup melted fat or oil</i>	<i>Dash liquid hot pepper sauce</i>
<i>1 teaspoon lemon juice</i>	<i>Lemon wedges</i>

Thaw frozen crabs. Clean, wash, and dry crabs. Place crabs in well-greased, hinged wire grills. Combine remaining ingredients except lemon wedges. Heat. Baste crabs with sauce. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook 7 to 10 minutes longer or until lightly browned. Serve with lemon wedges. Serves 6.

DOUG AND KAREN'S SESAME TROUT

<i>6 pan-dressed speckled or rainbow trout or other small fish, fresh or frozen</i>	<i>1/4cup sesame seeds</i>
<i>1/4cup melted fat or oil</i>	<i>2 tablespoons lemon juice</i>
	<i>1/2teaspoon salt</i>
	<i>Dash pepper</i>

Thaw frozen fish. Clean, wash, and dry fish. Place fish in well-greased, hinged wire grills. Combine remaining ingredients. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SONNY AND PHYL'S SMOKED MULLET

<i>6 dressed mullet (1 pound each) or other dressed fish, fresh or frozen</i>	<i>1 cup salt</i>
	<i>1 gallon water</i>
	<i>1/4cup salad oil</i>

Thaw frozen fish. Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Clean and wash fish. Add salt to water and stir until dissolved. Pour brine over fish and let stand for 30 minutes. Remove fish from brine and rinse in cold water.

To smoke the fish, use a charcoal fire in a barbecue grill with a cover and hood. Let charcoal fire burn down to a low, even heat. Cover with 1/3 of the wet chips.*

Place fish on a well-greased grill, skin side down, about 4 inches from the smoking coals. Cover and smoke for 1 1/2 hours. Add remaining chips as needed to keep the fire smoking.

Increase the temperature by adding more charcoal and opening the draft. Brush fish with oil. Cover and cook 15 minutes longer. Brush fish again with oil. Cover and cook 10 minutes longer or until fish is lightly browned. Serves 6.

*Note: Soak 1 pound of hickory chips or sawdust in 2 quarts of water overnight.





KAY AND BILL'S BOILED LOBSTER

*6 live lobsters (1 pound each)
1 ½ gallons water*

*1/3 cup salt
Melted butter or margarine*

Pour water into a large kettle. Add salt. Cover and bring to the boiling point over hot coals. Plunge lobsters headfirst into the boiling water. Cover and simmer for 20 to 25 minutes, depending on size of lobster. Drain. Crack claws. Serve with melted butter. Serves 6.

PUCK AND PEARL'S BROILED SCALLOPS

*2 pounds scallops, fresh or
frozen
½ cup melted fat or oil
¼ cup lemon juice*

*2 teaspoons salt
¼ teaspoon white pepper
½ pound sliced bacon
Paprika*

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place scallops in a bowl. Combine fat, lemon juice, salt, and pepper. Pour sauce over scallops and let stand for 30 minutes, stirring occasionally. Cut each slice of bacon in half lengthwise and then crosswise. Remove scallops, reserving sauce for basting. Wrap each scallop with a piece of bacon and fasten with a toothpick. Place scallops in well-greased, hinged wire grills. Sprinkle paprika. Cook about 4 inches from moderately hot coals for 5 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 5 to 7 minutes longer or until bacon is crisp. Serves 6.

LESSIE AND JOHN'S SHRIMP BOIL

*5 pounds shrimp,
fresh or frozen
1 gallon water
1 lemon, sliced
1 small onion, sliced*

*1/2 cup salt
1/2 cup seafood seasoning
1 clove garlic, sliced
Seafood cocktail sauce*

Thaw frozen shrimp. Pour water into a large kettle. Add seasonings. Cover and bring to the boiling point over hot coals. Add shrimp. Cover and simmer for 5 minutes. Drain. Serve with seafood cocktail sauce. Serves 6.

MARK AND DANIELA'S ALASKAN SALMON STEAKS

*2 pounds Alaskan salmon steaks
fresh or frozen
2 cups Italian dressing*

*2 tablespoons lemon juice
1/4 teaspoon pepper
Paprika*

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients except paprika. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.





BUCK AND NANCY'S ST. AUGUSTINE FISH FRY

*2 pounds ocean caught fillets
or other fish fillets,
fresh or frozen
¼cup evaporated milk*

*Dash pepper
½cup flour
¼cup yellow cornmeal
1 teaspoon paprika*

Thaw frozen fillets. Cut into serving-size portions. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Fry in hot fat in a heavy fry pan about 4 inches from hot coals for 4 minutes. Turn carefully and fry for 4 to 6 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serves 6.

PAT'S INDIAN RIVER CLAMBAKE

*6 dozen soft-shell clams
12 small onions
6 medium baking potatoes
6 ears of corn in the husks*

*12 live, hard-shell blue crabs
Lemon wedges
Melted butter or margarine*

Wash clam shells thoroughly. Peel onions and wash potatoes. Parboil onions and potatoes for 15 minutes; drain. Remove corn silk from corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy-duty aluminum foil, 18 x 35 inches each. Place 2 pieces of cheesecloth on top of 2 pieces of foil. Place 2 onions, a potato, ear of corn, 1 dozen clams, and 2 crabs on cheesecloth. Tie opposite ends of the cheesecloth together. Pour 1 cup of water over the package. Bring foil up over the food and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook 45 to 60 minutes or until onions and potatoes are cooked. Serve with lemon wedges and butter. Serves 6.

MIKE AND CAROL'S FRIED GROUPER FINGERS

*3 pounds grouper fillets
(gag, black or red)
fresh or frozen
¼cup evaporated milk
1 ½teaspoons salt*

*Dash pepper
½cup flour
¼cup yellow cornmeal
1 teaspoon paprika
12 slices bacon*

Thaw frozen fish. Clean, wash, and dry fish. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Fry bacon in a heavy fry pan about 4 inches from hot coals until crisp. Remove bacon, reserving fat for frying. Drain bacon on absorbent paper. Fry fish in hot fat for 4 minutes. Turn carefully and fry for 3 to 5 minutes longer or until fish is GOLDEN and flakes easily when tested with a fork. Drain on absorbent paper. Serve with bacon. Serves 6.





STEVE AND GREG'S SWORDFISH STEAKS

*2 pounds swordfish steaks or
 other fish steaks,
 fresh or frozen
 ¼ cup orange juice
 ¼ cup soy sauce
 2 tablespoons catsup*

*2 tablespoons melted fat or oil
 2 tablespoons chopped parsley
 1 tablespoon lemon juice
 1 clove garlic, finely chopped
 ½ teaspoon oregano
 ½ teaspoon pepper*

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

NANNY'S BLUE CRAB BOIL

*24 live, hard-shell blue crabs
 1 ½ gallons water
 1 lemon, sliced
 1 medium onion, sliced*

*½ cup seafood seasoning
 1/3 cup salt
 Melted butter or margarine*

Pour water into a large kettle. Add seasonings. Cover and bring to the boiling point over hot coals. Plunge crabs into the boiling water. Cover and simmer for 15 minutes. Drain. Serve with melted butter. Serves 6.

LAURIE'S GROUPER POTATO PANCAKES

<i>1 pound black/red/gag grouper or other fish fillets, fresh or frozen</i>	<i>2 teaspoons salt</i>
<i>3 eggs, beaten</i>	<i>Dash nutmeg</i>
<i>2 tablespoons flour</i>	<i>Dash pepper</i>
<i>2 tablespoons grated onion</i>	<i>2 cups finely grated raw potatoes</i>
<i>1 tablespoon chopped parsley</i>	<i>Applesauce</i>

Thaw frozen fillets. Skin fillets and chop finely. Combine all ingredients except applesauce; mix thoroughly. Place a well-greased griddle or fry pan about 4 inches from hot coals and heat until fat is hot but not smoking. Drop 1/3 cup fish mixture on griddle and flatten slightly with spatula. Fry 3 to 4 minutes or until GOLDEN. Turn carefully and fry 3 to 4 minutes longer or until fully golden. Drain on absorbent paper. Keep warm. Serve with applesauce. Serves 6.

CINDY AND JOE'S BARBECUED GROUPER

<i>2 pounds grouper or other fish fillets, fresh or frozen</i>	<i>2 tablespoons sherry</i>
<i>2 tablespoons chopped onion</i>	<i>1/4teaspoon salt</i>
<i>1 clove garlic, finely chopped</i>	<i>1/4teaspoon oregano</i>
<i>2 tablespoons melted fat or oil</i>	<i>3 drops liquid hot pepper sauce</i>
<i>1 can (8ounces) tomato sauce</i>	<i>Dash pepper</i>

Thaw frozen fillets. Cook onion and garlic in fat until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily with a fork. Serves 6.

CAPTAIN DAVE'S BARBECUED KING MACKEREL

<i>2 pounds king mackerel steaks or other fish steaks, fresh or frozen</i>	<i>1 can (8 ounces) tomato sauce</i>
<i>1/4cup chopped onion</i>	<i>2 tablespoons lemon juice</i>
<i>2 tablespoons chopped green pepper</i>	<i>1 tablespoon Worcestershire sauce</i>
<i>1 clove garlic, finely chopped</i>	<i>1 tablespoon sugar</i>
<i>2 tablespoons melted fat or oil</i>	<i>2 teaspoons salt</i>
	<i>1/4teaspoon pepper</i>

Thaw frozen steaks. Cook onion, green pepper, and garlic in fat until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut steaks into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.





BOBBY'S GROUPERBURGERS

*1 1/2 pound grouper, uncooked
1/2 cup chopped onion
1/4 cup melted fat or oil
1 cup dry bread crumbs
2 eggs, beaten
1/4 cup chopped parsley
1 teaspoon powdered mustard*

*1/4 teaspoon salt
1/3 cup mayonnaise or salad
dressing
1 tablespoon chopped
sweet pickle
6 buttered hamburger rolls*

Flake grouper. Cook onion in fat until tender. Add liquid, crumbs, eggs, parsley, mustard, salt, and grouper; mix well. Shape into 6 burgers. Roll in crumbs. Fry in hot fat in a heavy fry pan about 4 inches from hot coals for 3 minutes. Turn carefully and fry for 3 to 4 minutes longer or until GOLDEN. Drain on absorbent paper. Combine mayonnaise and pickle. Place burgers on bottom half of each roll. Top with approximately 1 tablespoon mayonnaise mixture and top half of roll. Serves 6.





TIG AND ANTON'S SALMON STEAKS

*2 pounds salmon steaks or
other fish steaks,
fresh or frozen*

1 cup dry vermouth

3/4 cup melted fat or oil

1/3 cup lemon juice

2 tablespoons chopped chives

2 teaspoons salt

1 clove garlic, finely chopped

1/4 teaspoon marjoram

1/4 teaspoon pepper

1/4 teaspoon thyme

1/8 teaspoon sage

*1/8 teaspoon liquid hot pepper
sauce*

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 4 hours, turning occasionally. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



GRADY AND ALICE'S OYSTER ROAST

72 shell oysters

Melted butter or margarine

Wash outside of the oyster shells thoroughly. Place oysters on a grill about 4 inches from hot coals. Roast for 10 to 15 minutes or until shells begin to open. Place hot oysters in clean tin bucket. Serve in shells with melted butter. Serves 6.

MINDY'S CLAMBAKE

6 dozen steamer clams

*6 uncooked Florida lobsters (1
pound each)*

12 small onions

Rockweed (optional)

6 medium baking potatoes

Lemon wedges

6 ears of corn in the husks

Melted butter or margarine

Wash clam shells thoroughly. Peel onions and wash potatoes. Parboil onions and potatoes for 15 minutes; drain. Remove corn silk from corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy-duty aluminum foil, 18 x 36 inches each. Place 2 pieces of cheesecloth on top of 2 pieces of foil. Place 2 onions, a potato, ear of corn, lobster, 1 dozen clams, and rockweed together. Pour 1 cup of water over the package. Bring foil up over the food and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 25 to 30 minutes or until onions and potatoes are cooked. Open packages and crack lobster shell. Serve with lemon wedges and melted butter. Serves 6.

MATT AND MARLENE'S TROUT OR REDFISH

*2 pounds trout or redbfish fillets
or other fish fillets
fresh or frozen*

1/4 cup French dressing

1 tablespoon lemon juice

1 tablespoon grated onion

2 teaspoons salt

Dash pepper

Thaw frozen fillets. Cut into serving-size portions and place in well-greased, hinged wire grills. Combine remaining ingredients. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



