

Fish Recipes

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ALBACORE



Bacon wrapped

Albacore steaks about 1¼ inches thick
Cook bacon strips about ½ done

Wrap bacon around steaks and pin w/toothpicks
Barbecue about 3½ to 4½ minutes each side



YELLOWTAIL



Sesame seed

Use **Yellow tail**

Marinate 1¼ inch steaks in soy sauce, about 15 min/side
Sprinkle with roasted sesame seeds on both sides
Barbecue about 3½ minutes per side



~ Note: If fish smells after taking it out of package, soak in milk for 15 min/side.

YELLOWFIN



Tuna salad

Use **Yellowfin (Ahi)**

12 oz baked tuna, flaked
2 celery rib, diced
1/2 onion diced
4-6 TBS Mayonnaise to taste
1-2 TBS sweet relish
Dash Worcestershire sauce
2 TBS Wasabi Mayonnaise

Ahi

Slice Yellowfin (Ahi) into 1/8" thick pieces
Serve raw with soy sauce, wasabi mustard & sliced ginger. Good with sticky rice and Chinese salad (sesame dressing)



DORADO



DoDo Italiano

Soak fish 5-10 minutes in lemon juice
Saute olive oil, white wine & chicken stock
Add 2-3 sliced garlics
Add chopped tomatoes
Add DoDo (cut into ¾" pieces)
Add Lawry's seasoning, ground pepper & oregano
When done, add small amount of cooked pasta (shells or farfalle)



MISC.



Susan's any fish BBQ

Marinate fish in Bernstein's Italian dressing
Barbeque and baste