Fish Recipes from Captain Bill of the Hi Hook II.

www.hihook2.com

All of the fish you catch in our local waters are of excellent eating quality. We will clean your catch per your specifications – generally we fillet and skin all fish.

Your catch should be refrigerated for no more than two (2) days after which it must be stored in the freezer. Below are easy and fast recipes for all types of fish and a special recipe for preparing bluefish. Enjoy!

Grilling

1. Brush melted butter on both sides of fillet.
2. Season to taste. We use "season salt" however lemon pepper, Cajun spices or salt and pepper are also tasty.
3. Wrap fillet in aluminum foil.
4. Grill only on one side for 5- 8 minutes or until fillet flakes with a fork. **Do not over cook!**

For added flavor, top fillet with a combination of sliced onion, sliced tomato, and green pepper prior to grilling.

Pan Frying

1. Cut fillet into serving size pieces.
2. Dust fillet with flour.
3. Dip in beaten egg.
4. Coat with breadcrumbs. We enjoy Japanese breadcrumbs.
5. Fry in a thin layer of olive oil for 2 minutes per side or until golden brown. **Do not over cook!**
6. Serve with lemon wedge.

Especially for Bluefish

Bluefish gets a bad rap. If prepared properly, smaller bluefish (under 5 lbs.) are quite tasty. Keep bluefish on ice or refrigerated for no longer than 2 days. Try it, you'll like it!

1. As best as you can, remove and discard the dark strip of meat running down the center of the fillet. A sharp knife cut at an angle on either side of the strip will allow easy removal.
2. Brush melted butter on one side of fillet.
3. Place buttered side down on aluminum foil.
4. Brush melted butter on top side.
5. Brush top side with a thin layer of mayonnaise.
6. Season to taste. We use "season salt" or lemon pepper.
7. Garnish with sliced onion, sliced tomato or green pepper.
8. Close foil tightly.
9. Grill with top side up for 5- 8 minutes or until fillet flakes with a fork. No need to turn over. **Do not over cook!**