

# New Jersey MARINE CUISINE

fish as food series no. 4

## The Barbecue Blues

Bluefish, bass and weakfish are available along the New Jersey coast April through November. These warm weather favorites are mainly sought by sport fisherman, although blues and weakfish contribute significantly to the commercial gillnet fishing industry. The enjoyment of catching blues, bass and weakfish is surpassed only by the enjoyment of preparing the day's catch for a tasty repast.

All three should be filleted in the same manner (see Marine Cuisine No. 1, Fillet Fantastic, for filleting tips). When preparing, keep these cooking tips in mind:

**Blues:** *The darker meat tends to be a bit oily-tasting. A light lemon juice coating will cut the oily taste. Soak 1/2 hour before cooking.*

**Striped Bass:** *An added bonus after filleting and gutting; striped bass makes an excellent stock in preparing court bouillon.*

**Weakfish:** *One of the sea's most versatile species, the light meat can be used for virtually any stuffed fish recipe.*



## BASIC BARBECUING

Seafood can add a whole new dimension to outdoor cooking, and even the novice chef can turn out delicious fish dishes once they've mastered the basics of seafood barbecuing. Always barbecue with skin and scales, and don't overcook! Fish prepared on a grill or rack drains the natural oils, so make sure your catch is well marinated, and always cook your fish on a clean grill. When barbecuing your fillets, cook the meat side first, skin side second, to prevent meat from separating. For easy grilling, use a wire or metal long-handled griller, which simplifies cooking and turning.

THE STATE UNIVERSITY OF NEW JERSEY  
**RUTGERS**

## DEEP-FRIED WEAKFISH IN CORNMEAL BATTER

2 1lb. weakfish fillets, skinned and cut into small pieces, 1½" wide  
½ cup cornmeal

1 egg  
flour

*Dip fillet pieces alternately in egg, flour, egg, cornmeal, until evenly coated. Set deep fryer to 375°, add cooking oil. If your deep fryer doesn't have a thermostat control, be sure to use a thermometer to ensure the oil is hot enough for cooking. Put battered weakfish pieces into the fryer, a few pieces at a time. Fry for about 2 minutes, until golden brown. Serve with tartar creme sauce.*

### TARTAR CREME SAUCE

½ cup heavy cream  
2 Tablespoons horseradish  
1 Tablespoon lemon juice

cayenne pepper to taste  
salt to taste

Whip cream until firm, fold in remaining ingredients. Makes 1 cup.

## BASIC BLUEFISH WITH MAYONNAISE-HORSERADISH SAUCE

2 bluefish fillets, 1 lb each  
½ cup mayonnaise  
½ cup horseradish

paprika  
juice of 2 lemons

*Squeeze the juice of 1 lemon over each fillet. This reduces the oily flavor sometimes associated with bluefish. Let stand for ½ hour. Mix together equal parts of mayonnaise and horseradish. Coat fillets with mixture and place on a broiler rack skin side down at 350°. Cook until sauce begins to bubble and brown and the meat is flaky. This recipe also works well on a grill with frequent basting!*

## BARBECUED STRIPED BASS

2 fillets of striped bass  
6 small or medium par-boiled potatoes  
1 cup zucchini  
1 cup carrots

2 small onions  
½ cup white wine  
fresh fennel  
paprika

*Place equal portions of fillets and vegetables onto sheets of heavy duty aluminum foil. Pour wine in equal parts over fish and vegetables and season with fennel and paprika. Wrap and seal tightly in foil. Place on barbecue grill over hot coals and let steam for about 15 minutes. Serves 2.*

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