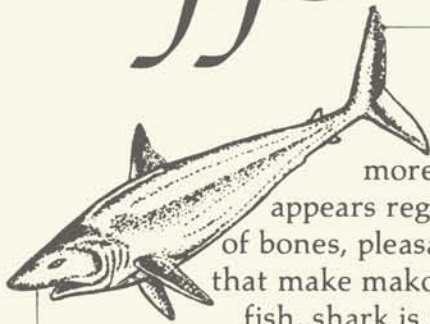


New Jersey MARINE CUISINE

fish as food series no. 6

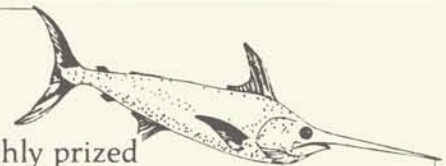
OffShore Favorites



SHARK

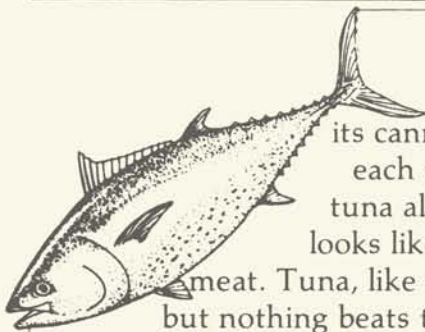
Serious anglers have long appreciated the shark as sportfish, but more and more seafood lovers are getting hooked on shark which now appears regularly on restaurant menus and in the markets. Firm texture, lack of bones, pleasant taste, economical price and versatility are some of the features that make mako, dusky, dogfish and other shark meat so appealing. Like most big fish, shark is especially good eaten as steaks, kabobs or broiled outdoors. Pound for pound, shark is fast becoming a New Jersey favorite for catchin' *and* cookin'.

SWORDFISH



Almost year-round commercial long-liners and offshore fisherman return to the docks with one of the season's most highly prized palate-pleasers, fresh swordfish. The white, firm, fine-grained flesh of the swordfish is mild, light and downright delicious. Swordfish meat makes tasty, tender steaks - which is one of the easiest and most popular ways to prepare this deep-water favorite. Simply marinate the steak in herbs and olive oil or baste with garlic butter and lemon juice, broil and enjoy.

TUNA



Fresh offshore tuna bears little or no resemblance in taste to its canned supermarket counterpart. Fresh tuna is becoming more popular each year because of its high quality, low calories, and dollar value. Fresh tuna also offers a bite to appease any steak and potatoes person. Raw tuna looks like beef. It can be easily poached, baked, fried, or boiled like any other meat. Tuna, like shark and swordfish can, be easily frozen for year-round enjoyment but nothing beats the taste of fresh-caught cooked the same day.

THE STATE UNIVERSITY OF NEW JERSEY
RUTGERS

MAKO-KABOBS

1 lb. mako fillets cut in 1" cubes
8 cherry tomatoes, whole
1 cup zucchini, cut in ½" slices

1 cup green pepper, cut in small pieces
½ cup Italian dressing

Place chunks of fish and vegetables on 8-10" skewers (each skewer will have 3 pieces of fish). Place skewers in a shallow dish and pour Italian dressing evenly over kabobs. Cover and marinate in refrigerator for 1 hour, turn after ½ hour. Oil grill. Place kabobs on hot grill and cook for about 15 minutes basting 2 or three times with the dressing. Turn often to ensure even cooking. Kabobs are done when fish is firm. Serves 2.

BROILED SWORDFISH

2 swordfish steaks, 1½ inches thick, about 2 lbs. in all
1 clove of garlic, minced
1 teaspoon rosemary leaves

¼ cup olive oil
freshly ground pepper to taste
1 lemon, quartered

Marinate the steaks in a mixture of the garlic, rosemary, oil and pepper for an hour. Preheat broiler. Broil the steaks for about 6 minutes on each side, or until the flesh flakes when tested with a fork. Be sure not to overcook and dry out the steaks. Serves 2.

TUNA PICCATA

4 slices of fresh tuna, cut very thin, about 3-ozs. each
salt and freshly ground pepper
flour for dredging

¼ lb. (1 stick) butter
1 lemon peeled and sectioned
2 tsp. chopped fresh parsley

Season tuna slices with salt and pepper. Dredge or dust with flour and shake off excess. Heat half the butter in a skillet until it foams. Put tuna slices in the skillet and brown for 1 minute on each side. Remove slices to a platter and keep warm. Wipe skillet clean. Put in remaining butter and heat. When butter foams add lemon sections and saute for 2 minutes. Remove lemon slices and pour liquid at once over tuna. Garnish with chopped parsley and serve. Serves 2.

TRIPLE CROWN

1 fresh tuna steak, 1" thick, 1 lb.
1 swordfish steak, 1" thick, 1 lb.

1 mako shark steak, 1" thick, 1 lb.
Bottled Italian dressing

*Marinate steaks in bottled dressing for at least 1 hour. Preheat barbecue. Place the steaks on a clean, **HOT** grill, and baste frequently with bottled dressing, turning as necessary. Remove when fish flakes easily when tested with a fork. Be careful not to overcook! Serves 2.*

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