

## BHA Events

### Volunteer Training

The Beaufort Historical Association (BHA) invites those interested in volunteering at the BHA to attend an orientation session at the Beaufort Historic Site on Thursday, March 10, from 9 a.m. to 4 p.m. This event is open to anyone interested in historic preservation and research, education, tours, driving a double-decker bus, retail and committee membership. Space is limited; call the number below to make a reservation.

### Annual Easter Egg Hunt

Children who are seven and younger are invited to join us at the Beaufort Historic Site for the BHA's annual Easter egg hunt on March 26 at 11 a.m. Children are asked to bring their Easter baskets to this free event, where they will search for hidden eggs filled with candy and enjoy refreshments after the egg hunt. The gates to the grounds will open at 11 a.m. sharp for all age groups.

### Art Show with Coleman Dance and Sally Barnes

The Mattie King Davis Art Gallery, which is located on the grounds of the Beaufort Historic Site, will feature artists Coleman Dance and Sally Barnes through the month of March. The gallery is open from 10 a.m. to 4 p.m.

The Beaufort Historic Site is located at 130 Turner Street in Beaufort. For information on all of these events or to make reservations for the volunteer orientation, please call the BHA at 728-5225, visit the website at [beauforthistoricsite.org](http://beauforthistoricsite.org) or stop by the site's Welcome Center.

## From the Neighbor's Kitchen

### Grilled or Poached Fish Made Easy

Submitted by John Brodman



**Grilling fish** on a gas or charcoal grill can sometimes be tricky because the fish can easily stick to the grill and flake apart, causing you to lose pieces of your dinner to the fire. This is especially true if you are cooking skinless filets.

Controlling temperature is another issue that is more of a problem with charcoal than with a gas grill. The solution to this is easy: just place your seasoned fish on a lightly greased piece of heavy duty aluminum foil (with the edges of the foil turned up slightly), and place the foil directly on the grill. No turning is necessary.

I like to use filets of a hearty fish like Atlantic farm-raised salmon or mahi, with the skin side down on the foil, but you can just as easily use skinless filets of a more delicate fish, like snapper, trigger fish, porgy or Alaskan salmon, and reduce the cooking time.

I find that a grill (or oven) pre-heated to 400 degrees works well, with an approximate cooking time of about 12 to 15 minutes. Actual cooking time will depend on the size of the filets, whether the skin is on or off, temperature, and the way you like your fish. For example, an inch-thick Atlantic salmon filet with the skin on will be slightly translucent in the center after about 12 minutes on the grill, followed by a 5-minute rest, but a snapper filet with no skin will be flaking apart and cooked through after the same time.



#### Grilling Directions

- ❖ Preheat the grill to 400 degrees.
- ❖ Use a bit of soft butter and olive oil to lightly grease the foil.
- ❖ Place your fish (skin side down if the skin is on) on the greased foil.
- ❖ Use a bit of the same butter/oil mix to lightly coat the filet.
- ❖ Season to taste with salt and pepper.
- ❖ Place one or two pats of butter on the filet (depending on size), and top the pats of butter with a lemon slice.
- ❖ Place foil and fish on the grill until it reaches your desired degree of doneness.
- ❖ Remove the foil and fish from the grill (don't forget to use gloves); let rest a few minutes, and serve with lemon wedges and your choice of vegetables (asparagus, steamed broccoli, salad, rice or potato, etc.).
- ❖ Clean-up is also easier with foil.

**Poached fish:** I like to use salmon, and either wild or farm-raised filets with the skin on work best. Poached salmon can be served hot as a part of a hot and hardy meal, or cold as a part of a light lunch or supper with salad or fruit. It is also good when added to scrambled eggs made with a bit of cream.

#### Poaching Directions

- ❖ Bring a large skillet (12 inches or more) of salted water to a gentle boil.
- ❖ Add pepper, lemon juice, dill weed and/or a bay leaf, if desired.
- ❖ Place fish, skin side up, in the boiling water and simmer for about 5 minutes
- ❖ Turn fish, using a spatula, and simmer for about another 5 minutes.
- ❖ Turn off the stove and let fish rest in the water for a few more minutes.
- ❖ Remove the fish from water, drain, garnish with dill weed and serve with lemon wedges and a sour cream/dill sauce.

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**March 5<sup>th</sup> thru 6, 2016**

Saturday March 5 : 10am to 5pm  
Sunday March 6 : 11am to 3pm

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