

# A Recipe For Perfectly Grilled Seafood

BY NANCY DAVIS

## UNC Sea Grant Program

Next time you have a backyard cookout, toss the chicken and beef aside and give seafood a try.

Joyce Taylor, Sea Grant seafood education specialist, says seafood and the grill naturally go hand in hand.

It's a great way to prepare most fish and shellfish, and it offers a change from the traditional frying or broiling of seafood.

Taylor recommends investing in a special hand-held wire grill made just for seafood. You can buy the grill in most kitchen stores. They can be placed on your charcoal grill, and they make for easy turning, especially with fish.

Place the seafood about four inches from the heat. And watch it closely. Depending on how hot the coals are, the seafood may cook quickly.

You'll need to baste lean fish, such as flounder or snapper, with oil or margarine.

Taylor says most seafoods can be grilled. But for the summer, she recommends choosing one of the many seafoods fresh from North Carolina waters.

To help folks know what's in season, Taylor prepared a seafood availability poster.

The colorful 17-by-23-inch poster is a guide for buying fresh fish and shellfish. It graphically depicts when you're likely to find the 23 most common species in North Carolina. The chart is based on the state's commercial landing statistics. For your copy, write Sea Grant, Box 8605, North Carolina State University, Raleigh, NC 27695-8605. Ask for UNC-SG-84-04. The cost is \$2.

And for those uneasy about grilling seafood for the first time, Taylor offers these recipes:

## Shrimp-Scallop Kabobs

- 1 pound medium shrimp
- 1 pound sea scallops
- $\frac{1}{4}$  cup soy sauce
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup fresh lemon juice
- $\frac{1}{4}$  cup finely chopped parsley
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- cherry tomatoes
- fresh small mushrooms
- onion wedges
- lemon wedges for garnish

Combine soy sauce, oil, lemon juice, parsley, salt and pepper for basting sauce. Peel and devein shrimp, leaving last section of shell and tail intact. Add shrimp and scallops to basting sauce; marinate in refrigerator for one hour, stirring occasionally. On skewers, alternate shrimp, vegetables and scallops in desired order. Broil over hot coals, turning and basting frequently with sauce until shrimp and scallops are tender and golden brown (about 8 to 10 minutes). Serves 8 to 10.

## Grilled Herbed Sea Bass (or other fillets)

- 8 fish fillets
  - salt to taste
  - freshly ground black pepper
  - olive oil
  - $\frac{1}{2}$  cup mixed minced fresh herbs: parsley, thyme, basil or other
  - 1 cup coarse dry bread crumbs
- Sprinkle fillets with salt and pepper and brush with oil. Press a coating of herbs and then of bread crumbs firmly into the flesh on both sides. Carefully transfer the fish to an oiled, hinged, hand-held wire grill. Grill over hot coals for about 8 to 10 minutes or until the crumbs are a crusty brown on one side. Turn carefully and cook on other side. Serves 8.

## Grilled Soft-Shell Crabs

- 12 soft-shell crabs, cleaned
- $\frac{3}{4}$  cup chopped fresh parsley

- $\frac{1}{2}$  cup vegetable oil
- 1 teaspoon fresh lemon juice
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon soy sauce
- dash liquid hot pepper sauce

Place crabs in well-greased, hand-held, hinged wire grills. (You will probably need more than one hand-held grill, or you could cook the crabs in batches.) Combine remaining ingredients. Baste crabs with sauce. Cook about 4 inches from moderately hot coals for 6 to 8 minutes, until lightly browned. Turn and cook 6 to 8 minutes longer, until other side is browned. Serves 6.

## Indonesian Grilled Shrimp

- 2 pounds shrimp
  - 2 tablespoons fresh lemon juice
  - 1 tablespoon fresh lime juice
  - $\frac{1}{8}$  teaspoon cayenne pepper
  - $\frac{1}{2}$  teaspoon ground coriander
  - 3 tablespoons molasses
  - 1 large garlic clove, pressed
  - 2 teaspoons grated lemon peel
  - 2 tablespoons vegetable oil
  - lime slices for garnish
- Peel shrimp. Stir together all in-

gredients except shrimp. Place shrimp in marinade and marinate for one-half to one hour, turning occasionally. Remove the shrimp from the marinade and thread on metal or wooden skewers. (If using wooden skewers, soak them in cold water for one hour before grilling.) Reserve the marinade. Grill shrimp over hot coals until lightly browned, about 4 minutes on each side, brushing with the reserved marinade. Serves 6 to 8.

For more information on grilling

seafood, contact Joyce Taylor at the North Carolina State University Seafood Laboratory, PO Box 1137, Morehead City, NC 28557, (919)726-7341.

(Sea Grant is a federal and state program that promotes the wise use of our coastal and marine resources through research, extension and education. For more information about the program or this release, contact Sea Grant communicator Nancy Davis at (919)737-2454.)

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**260 BRUNSWICK AVE. EAST**—Just listed! 2-BR, 2 $\frac{1}{2}$ -bath duplex featuring great ocean and waterway views. Only 3 years old, excellent condition. Completely furnished, screened porch. Very near beach access. \$87,800.

**918 OCEAN BLVD. WEST**—4-BR 2-bath second-row home (Harbor Acres) in mint condition located on corner lot across street from beach. Fully furnished and ready to move in. Wide covered front porch offers great ocean view. Quick beach access. \$129,500.

**250 OCEAN BLVD. WEST**—3-BR, 1-bath second-row home with 2 beach accesses across street. Great ocean view from wide covered front porch. Hardwood floors, ceiling fans, cypress exterior, recently painted and roofed. 1,000 sq. ft. heated. Best second-row buy on island. \$89,500.

**308 BRUNSWICK AVE.**—Brand new for 1988. 2-BR 2-bath home on corner lot. 1,008 sq. ft. heated, covered decks, great ocean view, quick access to beach. Best buy in a new house on the island. Priced to sell. \$89,500 firm.

**105 DURHAM ST.**—Rare canal duplex at prime rental location across from fishing pier. Great ocean view and beach access. 3 BR, 2 baths up and 2 BR, 1 bath down. Fully furnished boat dock and garage. Super investment. Reduced to \$110,000 firm.

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**302 SANDPIPER LANE** Owner financing on this 3-BR 2-bath contemporary home in quiet beach neighborhood. Spacious living dining rooms. Great ocean view from many decks. Only 3 years old. \$93,500.

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**SEA AIRE ESTATES**—Owner financing special. 3-BR, 2-bath home on 3 wooded lots (nearly 2 acres). Access to boat ramp. 1,209 heated sq. ft. Quiet area restricted to houses yet only minutes from beach. Monthly payments as low as \$588.07. Super terms. \$70,000.

**INLAND WATERWAY**—2-BR, 1 bath home comes complete with 100-ft. waterway frontage. Very near Holden Beach bridge. Central heat/air. Beautiful shaded 100x195x165 lot. Best waterway buy in area. \$82,000.

**SHELL POINT**—Owner financing special on 12x65 mobile home that features 3 corner lots with 180-ft. of paved frontage at Gray Bridge Rd. and Eagle Dr. Loaded with fruit trees plus two concrete pads ideal for mobile home additions. \$5,000 down qualifies for 10-year financing terms. \$28,900.

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