

You can smell it in the air – boating season is here and we're all flocking to the shores and harbors, enjoying the beginnings of basking in the warmth of the sun and the sparkling tranquility of the water. The fishermen are rigged and ready for another season; boaters are planning their weekend getaways and for many a week-long trip along the Connecticut shore. The sailing associations are gearing up for another race season and the yacht clubs are filling up from a long winter.

While this is my favorite time of the year because I just love being on the water, it is also a time of anxiety... will I go out in a bathing suit this summer or did I indulge in too much pasta to keep warm over the winter and have to sunbathe in a potato sack? I exaggerate here, but you get the drift.

Guaranteed someone is bringing home fresh-caught fish already, so the recipes this month will be for preparing it the low-fat, low-cal way. The easiest way to keep the calories down is to grill your fish with seasonings and not serve it with heavy sauces. Frying and serving with French fries is out of the question for the calorie conscious. If indoors, you can bake the fish with vegetables and a light coating of olive oil and lemon juice. Flounder, sea bass and blues are running, so here are a few dishes to get our season and dieting off to a good start!

Flounder with Julienned Vegetables

4-5 oz., pieces of flounder fillet
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1 medium zucchini, julienned

The Sailaway Gourmet



by Cathy Smith

1 yellow squash, julienned
1 small leek, trimmed and julienned
1 medium carrot...you guessed it, julienned
2 oz. (1/4 cup) dry white wine
1+ Tb. of fresh lemon juice

Prepare a grill for medium heat. Cut 4 large squares of aluminum foil and spray with a nonstick cooking spray. Place one flounder fillet on each square and season with salt and pepper. Divide and distribute the vegetables evenly over each fillet. Top each with a tablespoon of wine and a tablespoon of lemon juice.

Bring the edges of the foil up to meet in the middle, fold and form a loose packet to allow room for expansion. Grill packets for 10 minutes until puffed up. Remove packets from the grill and open carefully to avoid the steam. Transfer to plates. Serves 4.

Spicy Grilled Bluefish

4-8 oz. bluefish fillets

2 Tb. fresh lime juice
1/2 tsp. ground coriander
1/2 tsp. dried oregano
1/2 tsp. freshly ground black pepper

Prepare your grill for high heat. In a shallow glass or nonreactive dish, combine the lime juice and seasonings. Add the bluefish and turn to coat in the marinade. Let stand about 10 minutes. Remove the fish, discarding the marinade and grill over high heat for 3 minutes on each side. Transfer to a plate and serve. Serves 4.

Sea Bass or Snapper with Tomato and Pine Nuts

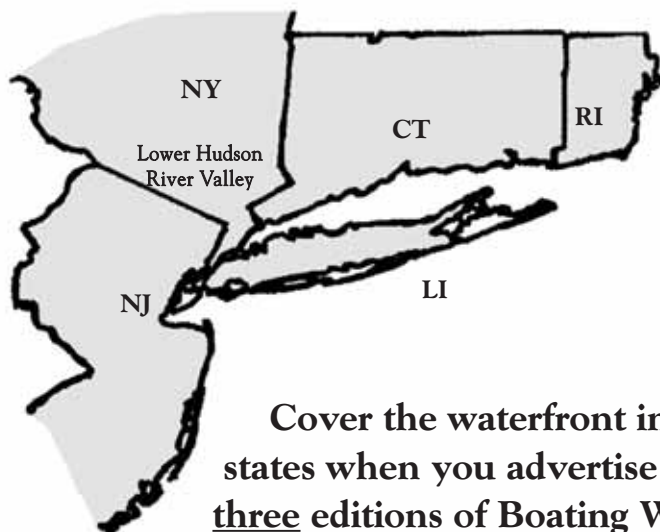
2-3 lbs. of fresh snapper or bass, cleaned and with or without head/tail
Juice of 2 lemons
1/4 cup of toasted pine nuts
1-1/2 cups of spicy tomato sauce

Prick the fish all over with a fork and season with a little kosher or sea salt. Place in a large dish and pour the lemon juice over it, turning to coat. Let stand for about 2 hours.

Preheat the oven to 350°. Pour half the sauce and half of the pine nuts on the bottom of an ovenproof dish and place the fish on top. Cover with the remaining sauce and pine nuts. Tightly cover the dish with foil and bake for 30 minutes or until the fish is tender. Serve immediately. Serves 6-8.

Here's to a great season!

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