

It's just uncanny how time flies when you're having fun. Summer is coming to an end, the boating season is almost over and the holidays are just around the corner; much too fast. So with Labor Day being our last blast for the season let's have big finish before your boat grill goes undercover.

The recipe below for bluefish has a gourmet twist to it and the one for grilled shrimp has a heavenly tomato-ginger sauce. I'm sure you all know how to grill filleted fish, so here's a little information about grilling shellfish.

As a general rule, shellfish, like all fish, should be grilled over a medium high to high heat. You will want to cook it fast to keep in the juices and avoid drying out the meat. Small items, like medium shrimp or scallops should be placed on skewers. Clams, oysters and mussels in the shell need to be rinsed in cold water to remove any sand.

The next step is the timing. If you overcook shellfish, it will become tough and rubbery. You only want to brown them slightly. With shrimp though, the entire surface will turn pink. This is the time to take it off the grill. It's better to remove and check than to wait too long. You will want to grill clams, mussels or oysters on a grill safe pan or even a piece of aluminum foil with a couple of holes punched in it. Lobsters will take a little longer to cook but should be done in about 10 to 15 minutes. Place halved lobsters shell side down until the entire shell is bright red. Turn and continue cooking until meat is white and the meat reaches a temperature of 165°F.

Those are the basics – so now for the good eats!

The Sailaway Gourmet



by Cathy Smith

Grilled Bluefish with Hazelnuts

- 1 Tb. unsalted butter
- 1/2 cup toasted hazelnuts
- 1/4 tsp. salt and fresh ground pepper
- 2 scallions
- 2 garlic cloves, finely chopped
- 1/4 cup balsamic vinegar
- 1 Tb. lime juice
- 1 tomato cut into thin strips
- 1/4 cup chopped fresh basil
- 1 lb. bluefish fillets
- 2 Tb. flour
- 1 Tb. safflower oil

Heat your grill. Once heated, melt butter in a skillet on the grill; add the hazelnuts and sauté for 2 minutes. Add the scallions, garlic, vinegar and lime juice. Cook, stirring for 1 minute. Add the tomato, basil and salt and pepper to taste. Cook 1 minute more and take off the stove.

Lightly coat bluefish with flour and place on the grill. Brush with oil and grill for 4 minutes or so on each side. When done, serve on plates with the hazelnut mixture spread on top. Serves 4.

Grilled Shrimp with Tomato –Ginger Sauce

Marinade:

- 1 lb. shrimp
- 1 onion, chopped
- 1/2 cup dry white wine
- 2 Tb. lemon juice
- 1 Tb. virgin olive oil

Sauce:

- 1 Tb. virgin olive oil
- 3 scallions and 6 garlic cloves, chopped
- 1 Tb. fresh ginger, chopped
- 2 Tb. chopped jalapeno peppers
- 1/4 tsp. each ground coriander and cumin
- 1/4 tsp. dry mustard
- 3 ripe tomatoes
- 1 tsp. brown sugar
- 1 Tb. red wine vinegar
- Cooked rice

In a shallow bowl combine the ingredients for the marinade. Add the shrimp and marinate under refrigeration for an hour.

To make the sauce, heat oil over medium high and add scallions, garlic, ginger and peppers. Cook for about 2 minutes, stirring constantly. Add spices and mustard, cook another minute, then add tomatoes. After 1 minute, take off the stove and add the brown sugar and vinegar. Place in a bowl to cool.

Preheat your broiler. Thread the shrimp on skewers, brush with more marinade and grill until opaque. Serve with sauce over cooked rice. Serves 4

Enjoy the rest of your season on the water!

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4 COURSE DINNER SPECIALS

\$19.50 PER PERSON

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HOW TO GRILL SHELLFISH

Scrub the shells of live oysters, clams, mussels, debearding the mussels if necessary. Set them directly on the grill over a hot fire (oysters, cupped side down to hold in the liquid). Grill until the shells pop open. Serve them plain or with a mixture of lemon juice and butter or a cocktail sauce. Very large shrimp can go directly on the grill, with or without the shell. Other shrimp, scallops and squid should be threaded on skewers to make turning and removing the from the grill easier. Lobster can be steamed or boiled for about 1 minute before grilling, or split live if you are brave. Split tail will cook in 7-10 minutes, claws a few minutes more. Spiny lobster tails can also be split and grilled, but will take longer.

SEAFOOD FOR GRILLING
Live Oysters, Live Clams, Live Mussels, Lobster, Shrimp, Scallops & Squid.

High Tides For September 2007

Fire Island Democrat Point

Sept 1	10:49 AM	11:17 PM	Sept 16	10:56 AM	11:11 PM
Sept 2	11:45 AM	-----	Sept 17	11:37 AM	11:57 PM
Sept 3	12:16 AM	12:43 PM	Sept 18	-----	12:22 PM
Sept 4	1:17 AM	1:43 PM	Sept 19	12:49 AM	1:14 PM
Sept 5	2:21 AM	2:47 PM	Sept 20	1:45 AM	2:11 PM
Sept 6	3:27 AM	3:53 PM	Sept 21	2:47 AM	3:12 PM
Sept 7	4:34 AM	4:57 PM	Sept 22	3:50 AM	4:14 PM
Sept 8	5:34 AM	5:53 PM	Sept 23	4:50 AM	5:11 PM
Sept 9	6:25 AM	6:40 PM	Sept 24	5:43 AM	6:02 PM
Sept 10	7:10 AM	7:21 PM	Sept 25	6:30 AM	6:49 PM
Sept 11	7:50 AM	8:00 PM	Sept 26	7:15 AM	7:35 PM
Sept 12	8:28 AM	8:37 PM	Sept 27	7:59 AM	8:22 PM
Sept 13	9:05 AM	9:13 PM	Sept 28	8:44 AM	9:10 PM
Sept 14	9:41 AM	9:50 PM	Sept 29	9:32 AM	10:03 PM
Sept 15	10:18 AM	10:29 PM	Sept 30	10:25 AM	11:02 PM

High Tides For Other Locations:

South Shore		North Shore	
Amityville	+ 2:59	Pt. Washington	+ 3:23
Bay Shore	+ 2:46	Oyster Bay	+ 3:32
E. Rockaway Inlet	+ 0:32	Pt. Jefferson	+ 3:29
Freeport	+ 1:16	Mattituck Inlet	+ 3:35
Jones Inlet	+ 0:19	Greenport	+ 2:45
Moriches Inlet	- 0:18	Sag Harbor	+ 2:35
Shinnecock Inlet	- 0:12	Montauk Point	+ 0:29

All times are approximate • Not responsible for errors.

Moon Phases

Sept. 04, 2007
Last Quarter

Sept. 12, 2007
New

Sept. 19, 2007
First Quarter

Sept. 26, 2007
Full

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