



Savory Grilled Fish

Ingredients:

- 1 1/3 pound skinless Pacific albacore, cut into 3/4 inch thick loin cuts
- 2 tablespoon + 2 teaspoons olive oil
- 6 tablespoons + 2 teaspoons olive oil
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
- 1/2 teaspoon oregano, crushed
- dash of cayenne
- Sauteed Red Peppers (see below)
- 2 French rolls, split lengthwise
- 1/4 cup chopped basil
- Sauteed Red Peppers
- 1 red pepper, roasted, peeled and cut into 1 D2 inch strips
- 2 teaspoon olive oil
- 2 teaspoons minced garlic
- 1 medium onion, sliced into thin half-hings

Makes: 4 servings.
Prep Time: 30 minutes
Cook Time: 15 minutes



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Directions:

1. Rinse albacore with cold water; pat dry with paper towels. Set aside.
2. Make vinaigrette by combining oil, lemon juice, pepper, salt, oregano and cayenne; mix well. Divide in half.
3. Marinate albacore in one-half of the vinaigrette for 30 minutes, turning once.
4. While fish is marinating make Sautéed Red Peppers. In non-stick pan, sauté garlic and onion in oil until onion is translucent.
5. Stir in red peppers and remove from heat.
6. Set aside.
7. Drain albacore reserving marinade.
8. Lightly oil the cooking grids.
9. Preheat grill to medium heat.
10. Cook 5-6 minutes, turning once and basting frequently. Do not overcook! Albacore should be pink in center when removed from the heat.
11. Toast rolls lightly on grill.
12. Brush toasted sides with remaining vinaigrette.

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13. Make four open-faced sandwiches by topping with albacore, Sautéed Red Peppers and fresh basil.
14. Serve immediately.

Recipe courtesy of National Fisheries Institute and aboutseafood.com.

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