

Nino's Fish Grilling Guide



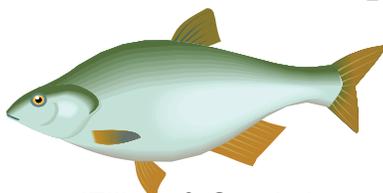
In the cooking world, the versatility of fish is truly amazing. Very few if any foods can match fish for the countless ways in which it can be cooked & prepared. And for good reason, because fish, when cooked properly, is absolutely delicious!

Yet many of us are a little nervous about cooking fish. Maybe it's the notion that cooking fish is messy? Or that it's difficult to prepare? Or maybe you're just so used to having a fish dish when you dine out, that you simply don't have a recipe for any fresh fish that you would care to make at home?

At Nino's, we think the best place to learn how easy it is to enjoy the sweet, tender, succulent flavor of fish is right in your own backyard. And we can't think of an easier way to ensure that you have success each time, than to try one of Nino' Market Fresh Fish or our special "Fresh Flavor Fillets"™.

Contained in this flyer are some of Nino's "tastiest tips" to help you enjoy this summer's **Fish Grilling Season** with confidence and ease.

Techniques for Grilling "Fresh" Fish



(Fillets & Steaks)

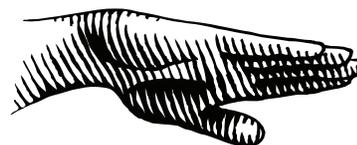
Medium High to High
375° F to 500° F

Fresh Fish Fillets should be lightly seasoned & sprayed with vegetable oil before placing on the grill. Do not move the fish until it has firmed & colored or it will tend to stick. (Unlike meats, when a fish fillet is fully cooked, a small incision in the thickest part of the fillet will flake apart, the flesh will no longer be translucent but fully opaque and the fillet will be firm.)

So, just how do I know how hot my grill is?

One of the original and perhaps most reliable methods of testing a grill's temperature is to place your hand 4 inches (1 hands width) off of the grill and count how many seconds it takes before your hand is too hot to remain over the grill.

2-3	Seconds = High	or 450-650F
4-5	Seconds = Med/High	or 375-425F
6-8	Seconds = Medium	or 325-350F
9-10	Seconds = Med/Low	or 275-300F
11-14	Seconds = Low	or 225-250F



one thousand one...one thousand two...



Another important rule to remember is that a charcoal grill "typically" loses about 100 F of heat for each 30 minutes it burns. Gas grills of course, remain relatively constant.

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Nino's Fresh Flavor Fillets™

Nino's Fresh Flavor Fillets™ program is a terrific way to experience the many interesting and delicious fish entrees that are prepared with marinades, rubs and seasonings. With our delicious flavors and simple to follow recipes, we do all the work and you receive all the compliments.

Each Fresh Flavor Fillet™ recipe is a helpful guide which tells you just how to cook the fish & check for doneness so you'll know exactly when to ring the dinner bell, even before you begin cooking.

So, stop "fishing around" for your next fresh fish dinner idea and instead stop by Nino's Marketplace Fishery Department to enjoy the fresh difference of our Flavor Fresh Fillets™, available ONLY at Nino's.

These particular Fresh Flavor Fillets are just PERFECT for grilling!

Teriyaki Salmon

Teriyaki & Pineapple Swordfish

Seafood Kabobs

Salmon & Vegetable Kabobs

Maple Barbecue Salmon

Dill & Garlic Salmon

Cajun Catfish

Ultimate Tilapia



Grilling Fresh Fish Kabobs

Fish Kabobs should be grilled. Set your grill temperature to Medium. Too hot a temperature will quickly char both the fish and your vegetables before cooking them properly. To grill, remove the kabobs from the refrigerator and gently brush off any excessive amount of marinade. Carefully spray the grill area to be used with a non-stick vegetable spray and wipe clean with a dry cloth, also spray the kabobs. Place the kabobs on the grill and turn $\frac{1}{4}$ turn each 2 to 3 minutes of grilling time to insure the kabobs grill evenly.

Cedar / Wood Plank Grilling

Nino's Fresh Flavor Fillets™

Serves 1 or More

Many of Nino's *Fresh Flavor Fillets™* are excellent choices for plank grilling.

Choose from:

- Fresh Dill & Garlic Salmon
- Maple Barbecue Salmon
- The "Ultimate" Tilapia
- Crab Stuffed Orange Roughy
- Teriyaki & Pineapple Swordfish
- Cajun Marinated Catfish

Board Soaking Solution

1 pt Water or White Wine

Remove Fresh Flavor Fillet™ from its packaging, lightly paint the surface of the soaked and heated cedar plank with vegetable oil and place the fillet on the plank. Close grill and cook for 15 to 20 minutes* or until the flesh is opaque and flakes.

* Cooking times will vary depending on fish.



1. Soak the plank for one hour or more.
2. Heat the plank on the grill rack for 3 to 5 minutes.
3. Add food to plank, close lid and cook.

Cooking Tips and Care of Your Cedar Planks

To control flame flare-ups on your Cedar Planked recipes, have a spray bottle of soaking liquid available to mist your boards while cooking. This controlled cooking will ensure even charring of your board and more uniform cooking of your food.

Cedar planks can be used a second time with proper care. After first use, clean planks with soap and water and store in a dry place. After the second use, consider cutting the board into smaller pieces, soaking these chips, then adding them to the grill coals or coils to create a wonderful smoke flavor to your foods.