



DUNCAN LAW SEAFOOD CONSUMER CENTER

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Chef Eric Jenkins

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GRILLED WHOLE PACIFIC ROCKFISH WITH LEMON MUSTARD BUTTER

1 WHOLE 3-4LB PACIFIC ROCKFISH (Gilled, Gutted and scaled)
1/3 LB MELTED WHOLE BUTTER
2 TBSP COUNTRY STYLE DIJON MUSTARD
JUICE OF 1 LEMON
1 TBSP OF LEMON RIND
2 TBSP FRESH CHOPPED PARSLEY OR CILANTRO
1 TBSP PEPPER

WHEN YOU BUY THE FISH MAKE SURE THAT THE GILLS HAVE BEEN REMOVED, THAT IT HAS BEEN GUTTED, AND THAT IT HAS BEEN SCALED.

MAKE DIAGONAL CUTS VERTICALLY ACROSS THE FISH ON BOTH SIDES---SHALLOW CUTS---YOU JUST WANT TO SCORE THE FLESH.

MIX ALL THE INGREDIENTS IN A BOWL.

LAY OUT 2 SHEETS OF FOIL, ONE ON TOP OF THE OTHER, AND LAY FISH ON THEM

RUB BUTTER MIXTURE ALL OVER THE FISH AND IN THE CAVITY

FOLD FOIL OVER THE FISH AND CLOSE THE SIDES

PLACE ON GRILL FOR ABOUT 20 MINUTES.

RULE OF THUMB FOR COOKING WHOLE FISH IS 10 MINUTES FOR 1 INCH OF THICKNESS.

SERVES 3-4