

Seafood

Weakfish on the Grill

Ingredients

- 4 weakfish fillets (leave skin on)
- Old Bay seasoning
- juice of half lemon
- 1 small onion
- 2 cloves garlic
- salt and pepper to taste
- 1/2 tsp thyme
- 4 tsp butter
- 2 cups white wine

Recipe courtesy of Frank Carnese, grand prize winner of the 2002 Annual Great South Bay Weakfish Tournament, who landed a 10.12 pounder.

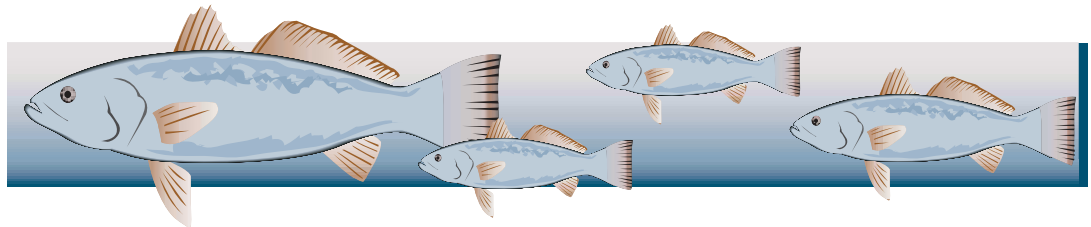
Method

Wash fish fillets. Place on heavy duty foil and bring edges of foil up 2 inches to create a sealed unit for each fillet. Sprinkle with 1/2 cup of white wine, lemon juice, salt, pepper and Old Bay seasoning. Mince the onion and garlic and place over each fillet. Top each fillet with a teaspoon butter. Place on the grill for approximately 10-15 minutes. You should be able to use a fork to flake the fish when it is done.

Do not overcook. Serve with grilled vegetables.

Serving size: 4

Weakfish Nutritional Composition (from the New York Seafood Council) per 3 oz. cooked, skinless portion size								
Total Calories	Protein	Carbohydrates	Total Fat	Calories from fat	Saturated Fat	Omega-3 Fatty Acids	Cholesterol	Sodium
110	18g	0g	4g	33 %	1g	0.4g	90mg	65mg



New York Sea Grant
 121 Discovery Hall
 Stony Brook University
 Stony Brook, New York
 11794-5001

ADDRESS CORRECTION REQUIRED

NONPROFIT
 U.S. POSTAGE PAID
 UNIVERSITY AT
 STONY BROOK



New York Sea Grant provides equal opportunities in employment and programming. Coastlines is printed on recycled paper and may be made available in an alternative format.

Weakfish

Although the local weakfish catch in New York varies from year to year, weakfish are likely to be most abundant in the marketplace in the fall and, to a lesser extent, in late spring.

The flesh of weakfish is white, sweet, lean and finely textured. It makes a delicious meal when fried or broiled. Because of the texture it's also fragile and must be iced immediately after capture to retain its natural elasticity and flavor. One of the finest methods for cooking weakfish is to cook the fish whole with seafood or other stuffing in the oven or over hot coals on the grill. Weakfish fillets can also be broiled or baked with a variety of sauces or vegetable accompaniments.

Food and nutrition professionals and consumers have known for years that seafood is a high protein food that is low in calories, total fat, and saturated fat when compared to other protein-rich animal foods. In addition, a large proportion of the fat in seafood is polyunsaturated. There is an increasing amount of scientific evidence that the unique kind of polyunsaturated fat found in seafood, called omega-3 fatty acids, can provide additional health benefits.

Excerpted from *Seafood Savvy* by Ken Gall
 New York Sea Grant
 Seafood Specialist

Bringing Science to the Shore