

# REDFISH ON THE 1/2 SHELL

3/7/2024

Plate: Square Plate

To Go: 1 Compartment

## STEP #1: INGREDIENTS

**1 each**     **Redfish on 1/2 Shell - Prep (8-10wz)**

**To Brush**   **Raw Fish Melted Butter**

**6-8 shakes** **Seafood Seasoning**

**1/2 each**   **Grilled Lemon**

## STEP #2: INGREDIENTS

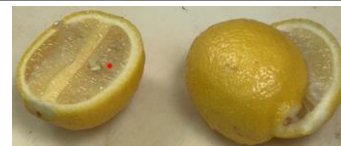
**To Glaze**   **Fish Glazing Butter**

## SETUP / GARNISH

**2 each**     **Choice of Sides**

## STEP 1: TO COOK

1. Cut Lemon in half lengthwise from stem to tip.
2. Place the redfish fillet skin down on a metal 1/4 size sheet tray.
3. Brush the meat side of the fillet with the raw fish melted butter.
4. Apply **6-8 shakes** of seafood seasoning "**coast to coast**" on the meat side only, ensuring that the seasoning is lighter on the tail portion of the fillet.
5. Brush the grill with oil to ensure that the fillet does not stick to the grates.
6. Place the redfish fillet with the head of the fillet at 10 o'clock on the hottest part of the grill and the tail towards the cooler part of the grill, meat side down. Also place the 1/2 cut lemon on the grill at the same time, ensuring that the cut side of the lemon makes good contact with the grill.
7. Grill the fillet until score marks appear a **bronze/ light brown**, then rotate the fillet so that the head of the fillet is at 8 o'clock on the hottest part of the grill. Do
8. Once **bronze/ light brown** diamond score marks are achieved, gently flip the redfish fillet skin side down.



**NOTE: Majority of the cooking will take place on the skin side of the fillet.**

**NOTE: The lemon can be removed from the grill once it has a complete visual char.**



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## STEP 2: TO COOK

1. Using a brush, glaze the seasoned side of the fillet with melted butter.
2. Allow to cook undisturbed until completely done. The fish is cooked when the thickest part of the fillet leaves an indent when pressed.

## SET UP / GARNISH

**Reference the attached pictures for plating setup and garnishing.**

**NOTE** Remove the cooked fillet from the grill, and place the fillet in the center of the plate with the head at the top left corner and the tail at the bottom right corner of the plate.

**NOTE** Place the grilled 1/2 lemon on the plate below the center of the fillet with the grill marks facing the guest.

**NOTE** The side items are served off the plate.

