



Grouper- Black or Red Grilled

It's a simple thing to do if you have a few simple items: A grill, tongs, salt, pepper, olive oil or other oil, and an appetite.

You'll want a hot grill, so light a gas grill 15-20 minutes ahead of using or get the charcoal good, hot and white.

Coat your grouper all over with oil and then season the meat-side of your fish with salt and pepper to taste.

Place the meat side on the grill to mark your fish for one minute and then turn 45-90 degrees for one more minute.

Flip over your fish and close the lid on your grill. You will need to check for doneness in 5-6 minutes but fish might require 10-15 minutes depending on thickness and how hot your grill is.

Grouper is to be fully cooked so that it's the color of white paper all the way through and absolutely no translucence. You'll need to make some incisions into the thickest part of the fish to insure it is fully cooked. When it has cooked completely, slide a spatula between the skin and the meat. Cooked fish will release the skin and you leave it on the grill to burn up. Plate your fish. I allow my hot foods to rest inside an oven or sit inside the microwave so it doesn't lose all its heat.

Lemon butter with capers will go well with this dish or use anything else you enjoy. There are also some great recipes using lime, cilantro and Tequila in the Google world on the web.