

# ■ Buddy's Seafood Market

## Pick Your Fish by Cooking Style

Tap a style to see the best fish and quick tips. Simple, mobile-friendly, and ready for tonight's dinner.

# ■ Grilling — How to Get Perfect Fish Every Time

Tuna (Big Eye, Yellowfin, Bluefin)
Black Sea Bass
Swordfish
Mahi Mahi
Snapper (whole/fillet)
Grouper
Amberjack
Red Drum (Redfish)
Wahoo
Sheepshead
Pompano
Rockfish / Stripe Bass

Grilling fish is all about heat, timing, and a little patience. Follow these simple steps for delicious, flaky results every time.

## ■ *Before You Grill*

- Pat it dry: Always dry the fish well with paper towels. Moisture causes steam, which prevents browning and makes fish stick.
- Keep the skin on (if possible): The skin helps hold the fish together and crisps beautifully on the grill.
- Avoid over-marinating: If using citrus or other acidic marinades, limit to 15–20 minutes.
- Clean and oil the grates: A clean, oiled grill prevents sticking and gives better grill marks.
- Preheat to high heat: Set your grill to 400–450°F (medium-high to high) for a quick sear and easy release.

## ■ *While You Grill*

- Be patient: Let the fish cook mostly on one side — wait until the edges turn opaque before flipping.
- Don't force it: The fish will naturally release from the grates when it's ready. If it sticks, give it more time.
- Use the right tool: A wide, thin-bladed fish spatula (or two) makes flipping smoother and cleaner.
- Let it rest: After grilling, rest the fish for 3–5 minutes so the juices redistribute.

■ **Buddy's Tip:** Brush with olive oil and a squeeze of lemon before grilling — it adds flavor, prevents sticking, and creates a golden crust.

## ■ Baking / Roasting — Easy, Flavorful, and Foolproof

Salmon
Cod / Haddock
Grouper
Snapper
Halibut
Flounder
Bronzini (Branzino)
Ocean Perch
Tilapia / Swai
Catfish
Whiting
Porgy
Black Sea Bass

Baking or roasting fish is simple and reliable. Pat the fish completely dry, lightly oil the pan or use parchment to prevent sticking, and preheat to 375°F.

### ■■■■ *How to Season Your Fish*

- Pat dry: Removes excess moisture for better browning.
- Add oil: Brush/drizzle olive oil so seasonings stick.
- Season generously: Rub herbs/spices on both sides.
- Add aromatics: Top with garlic, lemon slices, or herbs; add some to the pan.
- Optional marinade: Chill 30–60 minutes for deeper flavor.

### ■ *Flavor Ideas to Try*

- Lemon-garlic-butter: Melt butter with garlic + lemon; pour over fish before baking.
- Lemon-dill: Dill, lemon zest/juice, olive oil — great for salmon/trout.
- Mediterranean: Oregano, basil, thyme, garlic powder; finish with lemon.
- Herb bundle (whole fish): Stuff with lemon, parsley, oregano, garlic.

**Tip:** Bake until the fish flakes easily — 10–12 min for thin fillets or 15–18 min for thicker cuts; rest a few minutes before serving.

## ■ Frying (crispy & flaky)

Whiting
Catfish
Flounder
Croaker
Perch (Yellow)
Snapper
Spots
Mullet / Jumping Mullet
Ocean Perch
Smelt
Porgy
Florida Brim
Black Sea Bass

Tip: Season with **Buddy's Seafood Market Cape Cod Seasoning**, then coat with **Atkinson's Seafood Breader** (both at Buddy's). Fry at **350°F** until golden and crispy; serve with tartar or hot sauce.

## ■ Poaching / Steaming (gentle & moist)

Flounder
Cod
Trout (Rainbow / Speckled)
Salmon
Tilapia
Black Cod (Sablefish)
Halibut

Tip: Try a classic court bouillon (onion, lemon, herbs) or an Asian-style broth with ginger, cilantro, and chili. A white wine–butter stock adds richness; a light lemongrass + fish sauce broth is great for delicate fish.

## ■ Broiling — Fast, Flavorful, and Perfectly Crisp

Salmon
Swordfish
Mahi Mahi
Bluefish
Snapper
Tuna (steaks/loin)
Grouper
King Mackerel

Broil on a foil-lined pan about 6 inches from the heat for 8–10 minutes (depending on thickness). Season simply with salt, pepper, and garlic powder (paprika for color), or try a lemon–dill–tarragon blend for delicate fish. For richer fish like salmon, go classic with Old Bay or bold with a ginger–garlic–chili paste.

### ■ *Tips for Broiling Fish*

- **Add Fat:** Drizzle with olive oil or dot with butter to prevent sticking and aid browning.
- **Check Doneness:** Flakes easily and reads 145°F internally.
- **Watch Closely:** Broilers cook fast — check early to avoid overcooking.

## ■ Smoking (bold & rich)

Salmon
Mackerel (King / Spanish)
Bluefish
Trout
Shad
Butterfish
Ribbonfish

Tip: For a balanced rub, combine salt, brown sugar, garlic powder, and smoked paprika. Lemon + dill suit lighter fish; add cayenne, coriander, and allspice for a warm, spicy kick.

**Be Careful or You're Gonna Get Hooked!**