

Capt. Tom's Easy Grilled Striper Fillets

Cut nice thick fillets into serving sizes approximately 4X4 inches a piece.

Sprinkle fillets lightly with seafood seasoning (OLD BAY is fine), salt, and a dash of red pepper flakes.

Place fillets in a tupperware container and drizzle on a sufficient amount of extra virgin olive oil to coat. Place container in fridge and marinate over night if possible, but one hour will do.

Cooking:

Turn on your BBQ grill to high and get it as hot as possible. I have a Weber and it gets as hot as 600 degrees. Cooking at this extreme temperature sears the fish causing the outside to get a little crispy, but the inside stays nice and moist.

Place fillets on the grill, dollop a little butter on top of them and then sprinkle some seasoned bread crumbs over the butter which will have begun to melt immediately.

Close the grill and leave the fillets alone. That means do not turn them over.

Cook for 8 minutes or until the bread crumbs turn golden brown, and then remove the fillets from the heat. If you cooked them long enough they will come right off the grill without sticking.

Serve with one of Uncle Bens 90 minute microwaveable rices, I especially like the wild long grain and brown rice combo. If possible for your vegetable get some fresh Long Island corn on the cob and grill or steam it and you are then in for a local themed meal that it is simply outstanding.