

## *The Marv's Meats Recipe Collection #15*

### **Grilled Fish Steak**

Salmon, Tuna, Swordfish, Sea Bass, Halibut or any steak or fillet at least 1 inch thick.

Wash fish in cold water & pat dry. Season with salt & pepper & brush with a 50/50 mixture of melted butter & lemon juice (a low-cal herb or garlic salad dressing will also work). Cover grill rack with foil, punch a generous amount of holes in the foil & coat with olive oil. Prepare a moderately hot fire (charcoal or gas) & grill 5-7 minutes on each side basting often with butter mixture. The rule of thumb is 10 minutes per inch of thickness.



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