

# It's Summertime and the Grilling is Easy

## Seafood is an American Tradition

America's love affair with seafood is as authentic as the Declaration of Independence and as patriotic as the Fourth of July. Shrimp was the centerpiece of Thomas Jefferson's meal after he signed the famous document that affirmed every American's right to life, liberty and the pursuit of happiness. George Washington's wife, Martha, was celebrated for her crab soup recipe, which became a favorite of other renowned White House residents, Franklin D. Roosevelt and Dwight Eisenhower. One of Abraham Lincoln's favorite foods was scalloped oysters. John F. Kennedy loved New England clam chowder and dined on crab meat imperial and stuffed lobster at his inauguration luncheon. Throughout our nation's history, seafood has been as American as apple pie. That's why seafood is the perfect dish as Americans prepare for July 4 and a glorious summer of barbecuing.

Grilled fresh fish creates a cool, light meal that's delicious, healthy and ready in minutes.

**Kick up the flavor:**

Add healthy flavor to your grilled summer seafood with this light, refreshing marinade:

Mix lemon zest, olive oil, kosher salt, crushed garlic and paprika in a favorite white wine and soak your seafood in the marinade in the refrigerator for several hours or overnight.

For even more flavor, place fresh rosemary on the grill's hot coals – as the rosemary cooks, it will impart a rich woody flavor.

**Grilling fresh fish:**

The key to successful fish grilling is making sure the grill is hot. If it's not hot enough, the fish might stick. The fish should sizzle when you place it on the grill.

Place the fish on the grill with the bone or uneven side down first.

If you place the flat side down first, the fish might crack when you turn it.

Fish cooks fast, so keep an eye on it. Cook it on one side until it's about 60 percent done; then turn it.

Remove the fish from the grill before it's well done, because fish continues to cook as it sits.

Tuna is a great grilling fish because its deep red meat cooks like a steak and rarely sticks to the grill. Salmon and grouper also are excellent for grilling.

**Grilling shrimp:**

Large shrimp are best for grilling since they can easily be skewered.

Place them on a skewer one on top of the other. Watch them closely, because they will cook quickly. Shrimp is done when it appears pinkish in color.



PHOTO COURTESY OF RED LOBSTER

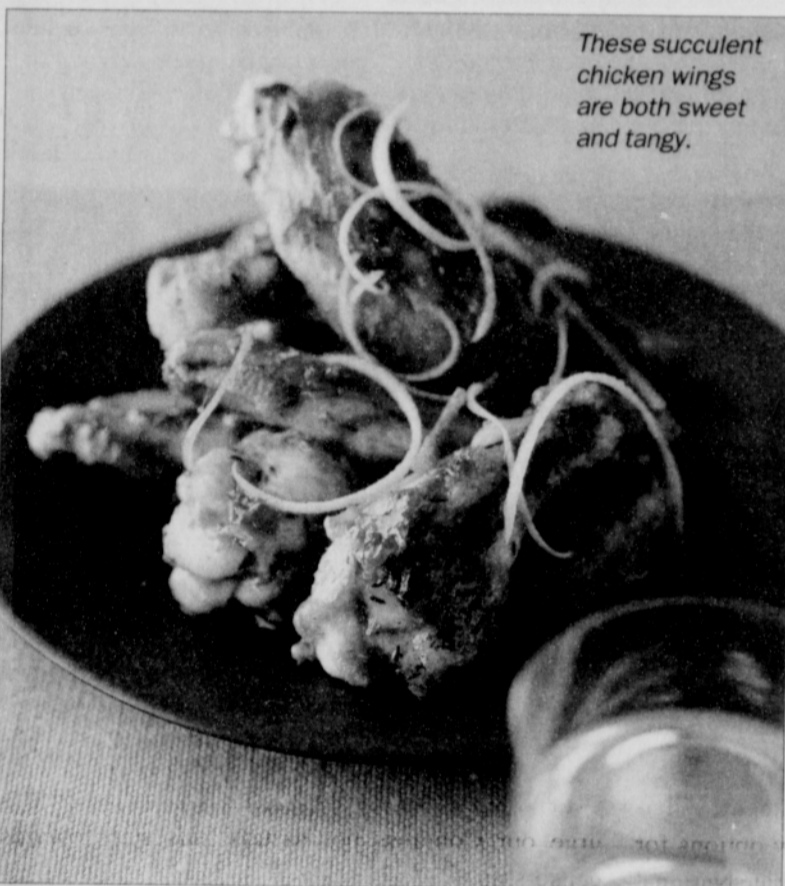
Grilled salmon with Rosemary herbs and citrus brings wonderful flavor without the fat.

**Grilling scallops:**

Place them on a skewer with the flat side up. This allows them to pick up smoky flavors from the grill.

**Grilling clams, mussels and oysters:**

These shellfish cook even faster than fish. Place them on the hottest part of the grill. They're done when the shells open.



These succulent chicken wings are both sweet and tangy.

### Sticky Citrus Chicken Wings

(Editor's note: The following recipe is for 12 chicken wings. Just double or triple the recipe for your 4<sup>th</sup> of July picnics or parties.)

**For the seasoning:**

- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 1 tsp onion powder
- 1 tsp hot pepper sauce
- salt and white pepper

**For the sauce:**

- Juice of 1 grapefruit
- Juice of 1 orange
- Juice of 1 lime
- 1 tbsp white vinegar
- 3/4 cup brown sugar
- 1 tsp ground cumin
- 1/2 scotch bonnet pepper, de-seeded and sliced
- 1 loosely packed tbsp grated orange zest

1. First, prepare the chicken. Wash and

pat dry. Season with the garlic, thyme, onion and hot sauce, rubbing the spices into the chicken pieces and adding salt and pepper to taste. Cover and refrigerate for an hour to marinate.

2. Meanwhile, strain the fresh juices (should be about 1 cup in total) into a non-stick pan and add all the other ingredients with the exception of the orange zest. Heat until the sauce bubbles and thickens. This will take about 30 minutes. At the very end of cooking, add the zest.

3. Light the barbecue or preheat the grill. Or preheat the oven to 350°.

4. Put the chicken pieces on an oiled baking sheet or grill rack and brush with oil if you think it necessary. Cook for 25-30 minutes, or until the juices run clear when the thickest part is pierced with a fine skewer. Drain off excess oil on kitchen paper.

5. Coat the chicken with the sauce and serve immediately. Or put the sauce in a bowl and serve the chicken as a dip.



### Blueberry Sour Cream Pie

- 1 cup sour cream
- 3/4 cup sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 5 tablespoons all-purpose flour, divided
- 1 teaspoon vanilla extract
- 2 1/2 cups fresh blueberries
- 1 (9-inch) pie crust, unbaked
- 2 tablespoons butter, softened
- 3 tablespoons pecans, chopped

Preheat oven to 400 degrees. Combine sour cream, sugar, salt, 2 tablespoons flour, vanilla, and egg. Beat 5 minutes at medium speed or until smooth. Fold in blueberries. Pour filling into pastry shell. Bake for 25 minutes. Combine remaining ingredients, stirring well. Sprinkle over top of pie. Bake 10 additional minutes. Chill before serving. Serves 8.

Recipe by Nelson's Blueberry Farm (Parkdale); The Fruit Loop Cookbook; Best of the Best from Oregon Cookbook (Quail Ridge Press)

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### What makes the perfect picnic?

Great company and a spot with a view. But the right menu doesn't hurt either. No matter how simple or grand you'd like to make your meal a la blanket, we can help you make it the best. Come to our Solutions counter this weekend to taste the splendors of summer. From our traditional deli potato salad to Mrs. Porter's German-style version; from gluten-free bean salad to the ever popular baked beans... we have our picnic fix-in's down. We'll also be sampling our favorite picnic sandwiches including: ham and brie on our organic French baguette and the New Orleans Muffuletta sandwich. And for dessert we'll be sampling Red, White and Blueberry floats, featuring locally made Hot Lips Soda. The only thing that could mess up this picnic is ants!



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