

HOME › SPOTLIGHT › **FOOD**

## Fish to flip for

### What - and how - to grill for Father's Day

By Marty Meitus, Rocky Mountain News  
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If you want to do something special for the burger king in your life, take a break from the ordinary. Instead of grilling steaks, hamburgers or dogs on Sunday for Dad's Day, turn your spatula to flipping fish.

To help put you in the swim, we consulted with the experts at Bonefish Grill, a fast-growing seafood group with 130 restaurants (with locations in Westminster and Littleton, a third under construction in the Tech Center area and a fourth planned for the area). Last year, joint-venture partner Roland Wayment says, the two biggest holidays at the year-old Westminster restaurant were Mom's Day and Dad's Day.

Michael Sagrillo, partner in the Littleton Bonefish Grill, has a culinary associate degree. He gave us tips on how to choose the best fish, how to grill it and what kinds of dishes will win Dad's heart - even if his idea of a good seafood meal is fish sticks on white toast with cheese.

We chose five kinds of fish that are widely available, as well as everyone's favorite seafood, shrimp. For casual or non-fish lovers, Sagrillo recommends halibut, which is in season from the end of March to October. "Hands down, it would be a good one for Dad," he says.

### Halibut

**Known for:** meaty flavor

**Marinade:** Light marinade only. Better rubbed with seasonings - salt, pepper and a little garlic is fine.

**Compatible flavors:** fruit salsas, Asian styles, decadent toppings such as crab, asparagus and artichoke hearts

**Cooking tip:** It's lean, so don't overcook.

### Tilapia

**Known for:** value-oriented, eco-friendly

**Marinade:** No



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**Compatible flavors:** bold and exciting - Cajun, spicy seasoning, capers, fresh herbs

**Cooking tip:** very mild, so it's a good transitional fish for non-fish lovers

## Shrimp

**Known for:** important in many ethnic cuisines

**Marinade:** yes - stands up well to simple marinades

**Compatible flavors:** garlic, fresh herbs - especially thyme, rosemary and basil

**Cooking tip:** Don't overcook. Shrimp is cooked as soon as it turns pink and the tail curls under.

## Trout

**Known for:** Colorado favorite

**Marinade:** no

**Compatible flavors:** lemon butter, mango salsa, fresh herbs

**Cooking tip:** Cook with the skin on; eating the skin is optional based on personal preference. Can be stuffed and baked in the oven.

## Ahi tuna

**Known for:** use in sushi

**Marinade:** Use light marinade only, preferably one with Asian seasonings. Can use a dry rub.

**Compatible flavors:** sesame, ginger, pepper, soy **Cooking tip:** Ask the fish purveyor for "top of the loin" if you want to eat it seared and rare.

## Salmon

**Known for:** versatility. Popular with fish and non-fish lovers. Look for wild salmon from the Northwest this time of year.

**Marinade:** no

**Compatible flavors:** a blank canvas like chicken; pairs well with pepper, fresh herbs, lemon and other fruits

**Cooking tip:** Cook with skin on, if possible, to hold it together; once cooked, pull off the skin.