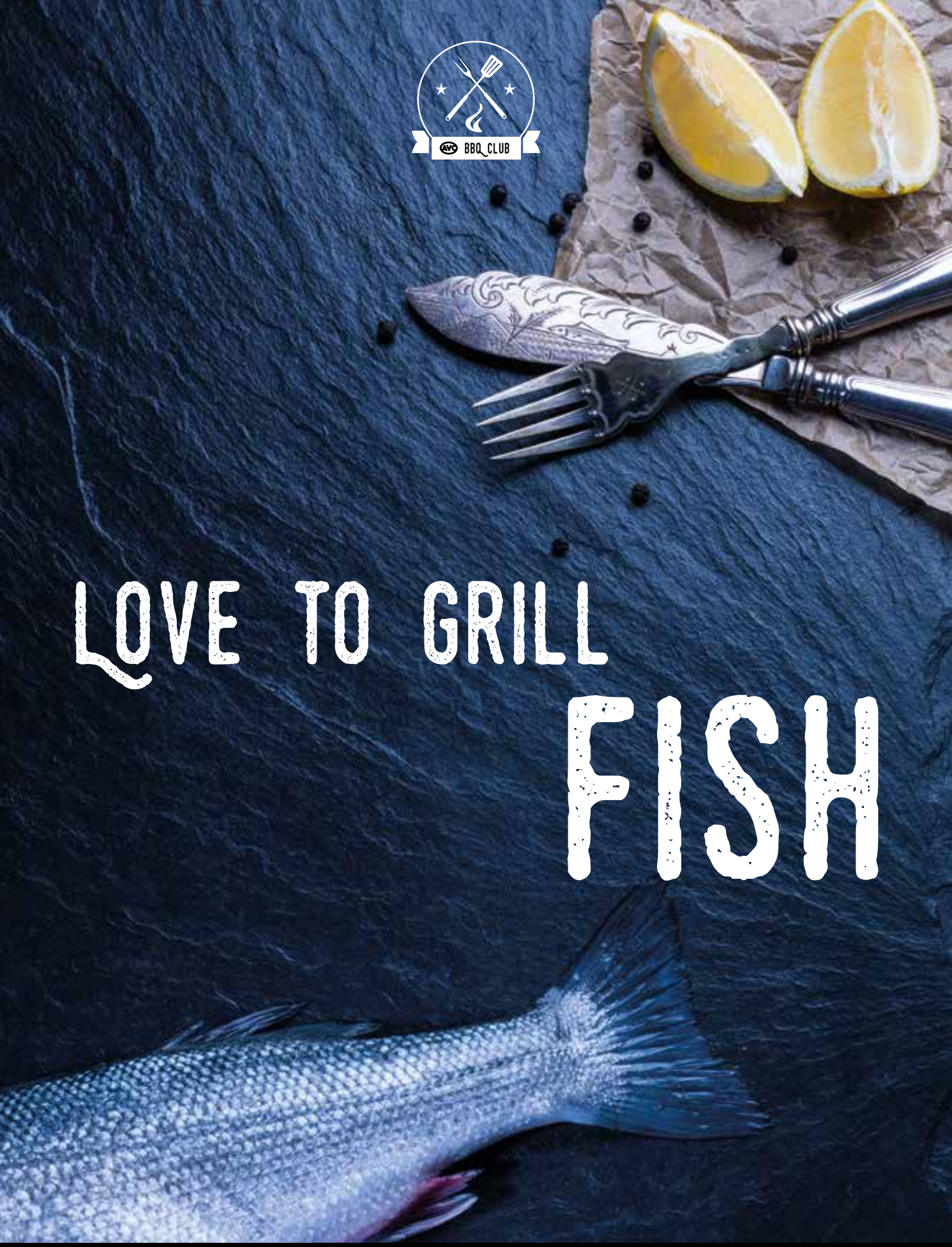


LOVE TO GRILL FISH

AVO
Taste & Technology

BARBECUING FISH WELL

★ How to succeed ★

Fish is becoming increasingly popular in the barbecue season. This brochure will show how fish and seafood can be prepared correctly, whether whole, as a fillet or a steak, and with which additional fish specialities barbecuing can be a treat.

Whole fish

When barbecuing a whole fish, fish with somewhat firmer flesh are particularly suitable, such as char, trout sea bream, red perch, sea bass, sole, herring, mackerel or sardines. In most cases, these fish are also a suitable portion size.

Before you barbecue a whole fish, you must first gut it and remove the scales and fins.

Before seasoning, whole fish should be scored diagonally or crossways on both sides at intervals of 1 to 3 centimetres. Season the incisions with fresh herbs or lemon and fill the belly with herbs or spices. The skin and the barbecue grate should be oiled so that nothing is left sticking to the grill.

Special grilling baskets or fish tongs offer practical assistance when loading whole fish, so that they do not fall apart when turning over.

Fish fillets and specialities

Types of fish that have firm flesh and are rich in fat are particularly suitable; to name just a few: pike perch, catfish, spined loach, cod, tuna and many more.

Fillets can fall apart very easily when barbecuing, therefore it is best to barbecue them in a grilling tray or on aluminium foil and turn them carefully with a spatula. Very delicate fillets that fall apart easily should be lifted up in a closed piece of aluminium foil. Important: the inside of the foil must be well greased. Furthermore, fillets should only be turned once if possible, so that they do not fall apart so quickly.

Cooking barbecue-prepared specialities such as stuffed fish roulades, fish skewers and gourmet fillets is particularly varied and also simple.

Specialities that have been cooked on cedar wood in the smoker promise a particular treat. Salmon is particularly well-suited to this.

Cooking Time

Fillet	1 centimetre thick	6-8 minutes
	2 Zcentimetre thick	8-10 minutes
whole fish	2,5 centimetre thick	10 minutes
	4 centimetre thick	10-15 minutes
	5-6 centimetre thick	15-20 minutes
large prawn	peeled	3-4 minutes
	unpeeled	5-6 minutes
half lobster	approx. 250 g	10-12 minutes

In order to test whether the fish is cooked, you insert a knife into the thickest place and part the flesh slightly. It can be served if the inside is completely white and is no longer translucent. The following applies for whole fish: the optimum cooking point has been reached as soon as the dorsal fin can easily be pulled off the fish.

Tips and things to know

The fish skin

The skin is also an effective protective coat while cooking. Always barbecue fish fillets on the scaled skin or, for larger fish, use a steak with skin and a backbone. In this way the delicate fish meat has a bit more stability and stays juicier when cooking. In addition, a beautifully crisp barbecued skin is often the most delicious thing.

Storage

Do not leave fresh fish in its packaging, but keep it in a neutral container. Ideally cover it with foil and ice (or with an ice pack), and in this way you can store it for up to one day. Fish must remain well-chilled until shortly before barbecuing. It is best to place it on ice or in a cool box.

Marinading

The food to be barbecued should be turned several times during the marinading period of 2 to 3 hours. The marinade should be well dabbed off before barbecuing so that no oil gets into the embers. Alternatively the fish can also be cooked in a grilling tray.

Correct positioning of the barbecue grate

Fish and seafood have particularly tender flesh that cooks faster than sausages and steak. If cooked for too long or at too high a temperature, the fish can quickly become too dry. The grate must therefore be positioned further away from the embers than usual so that the fish does not burn. In addition, the fish should not lie directly above the flames, but rather at the side of the grate, by the side of the embers. Indirect barbecuing, where the fish is cooked to the side of the embers in a closed barbecue is a gentle method of barbecuing fish in a safe and simply delicious way.

★ GRILLING WHOLE FISH ★

SPECKLED TROUT

The flesh of this freshwater fish is soft, juicy and has a fine taste.

AVO seasoning used on the illustration:

Liq-Würz Gourmet Marina, Prod. No. 5143 00

Gaucho seasoning salt, Prod. No. 8819 00

TROUT

Its flesh is very tender, tangy and can be filleted easily.

AVO seasoning used on the illustration:

Lafiness Spicy Lemon, Prod. No. 1875 50

seasoned with dill and a slice of lemon

SEA BREAM

The sea bream - also called dorada - is a popular table fish. The flesh is firm and very tasty.

AVO seasoning used on the illustration:

Lafiness Avignon free, Prod. No. 5226 50

RED PERCH

The red perch's firm, white and juicy flesh tastes delicately nutty and has a savoury aroma.

AVO seasoning used on the illustration:

Lafiness Lime Dill, Prod. No. 11006 50

★ GRILLING WHOLE FISH ★

SEA BASS

The European sea bass is an important table fish, and is also called branzino or loup de mer in kitchen jargon.

AVO seasoning used on the illustration:

Lafiness Chimichurri, Prod. No. 8718 50

SOLE

Sole belongs to the flat fish category and is one of the most coveted table fish.

AVO seasoning used on the illustration:

Lafiness Grill Butter, Prod. No. 8121 50

HERRING

Herring stands out due to its high protein content, a fatty acid composition as well as a high iodine and selenium content.

AVO seasoning used on the illustration:

middle: FIX & FERTIG coating, Art. Nr. 5018 00

bottom: Lafiness Mexicana, Prod. No. 5270 50

MACKEREL

The flesh is reddish, aromatic and has a high fat content of 12 per cent. The mackerel can be filleted relatively easily.

AVO seasoning used on the illustration:

Lafiness Pepper free, Prod. No. 5668 50

SARDINE

Sardines have spicy, fatty flesh and are ideal fish for barbecues.

AVO seasoning used on the illustration:

Liq-Würz Gourmet Marina, Prod. No. 5143 00

Fish steak spice preparation, Prod. No. 9032 00

★ BARBECUING FILLETS AND STEAKS ★

PIKE PERCH

The flesh of this freshwater fish is soft, juicy and has a fine taste.

AVO seasoning used on the illustration:

Lafiness Lemon Dill, Prod. No. 11006 50

CATFISH

This freshwater fish is almost boneless. The flesh is tender to the taste.

AVO seasoning used on the illustration:

Lafiness Bosporus free, Prod. No. 8187 50

SPINED LOACH

Only the spotted and the striped spined loach are of importance gastronomically. They have bright, firm and supple flesh with a very delicate taste.

AVO seasoning used on the illustration:

Lafiness Dijon, Prod. No. 11623 50

NILE PERCH

The flesh is firm, juicy and has a strong taste. It is white to light red, and its taste is reminiscent of chicken meat.

AVO seasoning used on the illustration:

Lafiness Mango Chili, Prod. No. 5884 50

COD

The flesh is firm, is somewhat flaky after cooking and is very tasty. The large bones can be removed easily.

AVO seasoning used on the illustration:

Liq-Würz Gourmet Marina, Prod. No. 5143 00

Sacramento barbecue seasoning, Prod. No. 5044 00

★ FILLETS AND STEAKS ★

MONKFISH

Monkfish have a good flesh that also remains firm and virtually white after cooking. Also known as lotte or angler fish.

AVO seasoning used on the illustration:

Lafiness Pepper free, Prod. No. 5668 50

TUNA

Its flesh is very tasty and boasts a high fat content.

AVO seasoning used on the illustration:

Lafiness Tomato-Salsa free, Prod. No. 5080 50

SWORDFISH

The white flesh from the swordfish has a fine consistency and tastes similar to veal.

AVO seasoning used on the illustration:

Lafiness Bangkok free, Prod. No. 10727 00

HALIBUT

The halibut is a flat fish and is highly cherished because of its firm, white, tasty meat.

AVO seasoning used on the illustration:

Lafiness Mustard Honey, Prod. No. 5419 50

SALMON

Today salmon counts among the most cherished table fish Its orange-pink to dark red flesh is rich in Omega-3 fatty acids.

AVO seasoning used on the illustration:

left: Fillet with Lafiness Alabama free, Prod. No. 4820 50

right: Chop with Lafiness Avignon free, Prod. No. 5226 50

★ SEAFOOD ★

CUTTLEFISH

Large squid should be blanched before barbecuing as they can otherwise be a bit tough. Small squid can be used immediately.

AVO seasoning used on the illustration:

Lafiness Mexicana, Prod. No. 5270 50

SQUID

Scallops have tender flesh and a clear, light sweet taste with a mildly nutty aroma. Fresh scallops must smell of the sea.

AVO seasoning used on the illustration:

Liq-Würz Gourmet Marina, Prod. No. 5143 00

Fish steak spice preparation, Prod. No. 9032 00

SCALLOPS

Scallops have tender flesh and a clear, light sweet taste with a mildly nutty aroma. Fresh scallops must smell of the sea.

AVO seasoning used on the illustration:

Lafiness Chimichurri, Prod. No. 8718 50

MUSSELS

Fresh mussels smell of the sea and algae and their shells are firmly closed or must close immediately if tapped lightly.

AVO seasoning used on the illustration:

Mussel compound, Prod. No. 11654 01

TIGER PRAWNS

Black tiger prawns are the largest prawns in the crustacean range. They taste of the sea and are yet a little sweet.

AVO seasoning used on the illustration:

Lafiness Garlic, Prod. No. 5628 50

LOBSTER AND CRABS

Seasoning tip: Lafiness Herb Butter, Prod. No. 8120 50

★ SPECIALITIES ★

BREADED PIKE PERCH FILLET

AVO seasoning used on the illustration:
Tyrolean coating, Prod. No. 5116 00

BREADED POLLACK

AVO seasoning used on the illustration:
FIX & FERTIG coating, Prod. No. 5018 00

BREADED COD FILLET

AVO seasoning used on the illustration:
Taco coating, Prod. No. 5213 00

BREADED SPINED LOACH FILLET

AVO seasoning used on the illustration:
Fish coating, Prod. No. 9005 00

SALMON ROULADE SPINACH GORGONZOLA

AVO seasoning used on the illustration:
Lafiness Wild Garlic free, Prod. No. 5640 50

SALMON ROULADE FETA TOMATO

AVO seasoning used on the illustration:
Lafiness Bosporus free, Prod. No. 8187 50

★ SPECIALITIES ★

PLAICE ROULADE

AVO seasoning used on the illustration:
Onion gourmet filling, Prod. No. 2745 01
Lafiness Avignon free, Prod. No. 5226 50

PLAICE ROULADE

AVO seasoning used on the illustration:
Paprika gourmet filling, Prod. No. 1724 01
Lafiness Alabama free, Prod. No. 4820 50

TROUT GOURMET FILLET

AVO seasoning used on the illustration:
Tomato Cheese Oven Topping, Prod. No. 8160 01

SALMON GOURMET FILLET

AVO seasoning used on the illustration:
Broccoli Cheese Oven Topping, Prod. No. 8167 01

SALMON TWIRL

AVO seasoning used on the illustration:
Lafiness Mustard Honey, Prod. No. 5419 50

SALMON SKEWER WITH COURGETTE

AVO seasoning used on the illustration:
Lafiness Herb Butter, Prod. No. 8120 50

★ SPECIALITIES ★

NILE PERCH SKEWER WITH PAPRIKA

AVO seasoning used on the illustration:
Lafiness Pepper free, Prod. No. 5668 50

MONKFISH MEDALLION WRAPPED IN BACON

AVO seasoning used on the illustration:
Lafiness Spicy Lemon, Prod. No. 1875 50

PRAWN AND PINEAPPLE SKEWER

AVO seasoning used on the illustration:
Lafiness Piri Piri free, Prod. No. 4788 50

PRAWN SKEWER ON CEDAR WOOD

Suitable for smoking on cedar wood!
AVO seasoning used on the illustration:
Lafiness Garlic, Prod. No. 5628 50

STUFFED CUTTLEFISH

AVO seasoning used on the illustration:
Onion gourmand filling, Prod. No. 2745 01
Lafiness Mexicana, Prod. No. 5270 50

STUFFED CUTTLEFISH

AVO seasoning used on the illustration:
Chilli gourmand filling, Prod. No. 4784 01
Lafiness Piri Piri free, Prod. No. 4788 50

★ SPECIALITIES ★

SCALLOPS WRAPPED IN BACON

AVO seasoning used on the illustration:
Lafiness Wild Garlic free, Prod. No. 5640 50

SCALLOP SKEWER WITH SALMON

AVO seasoning used on the illustration:
Lafiness Bangkok free, Prod. No. 10727 00

TUNA STICKS WITH BACON

AVO seasoning used on the illustration:
Lafiness Alabama free, Prod. No. 4820 50

PIKE PERCH WAVE

AVO seasoning used on the illustration:
Lafiness Dijon, Prod. No. 11623 50

SPINED LOACH CEVICHE

AVO seasoning used on the illustration:
Steakhouse Pepper-Mix RIO, Prod. No. 8694 01

SALMON CARPACCIO

AVO seasoning used on the illustration:
Steakhouse Pepper-Mix RIO, Prod. No. 8694 01

★ SPECIALITIES ★

LIME DILL FISH RISSOLE

AVO seasoning used on the illustration:
Lafiness Lime Dill, Prod. No. 11006 50
Binding agent, Prod. No. 3943 05

RUSTICAL FISH RISSOLE

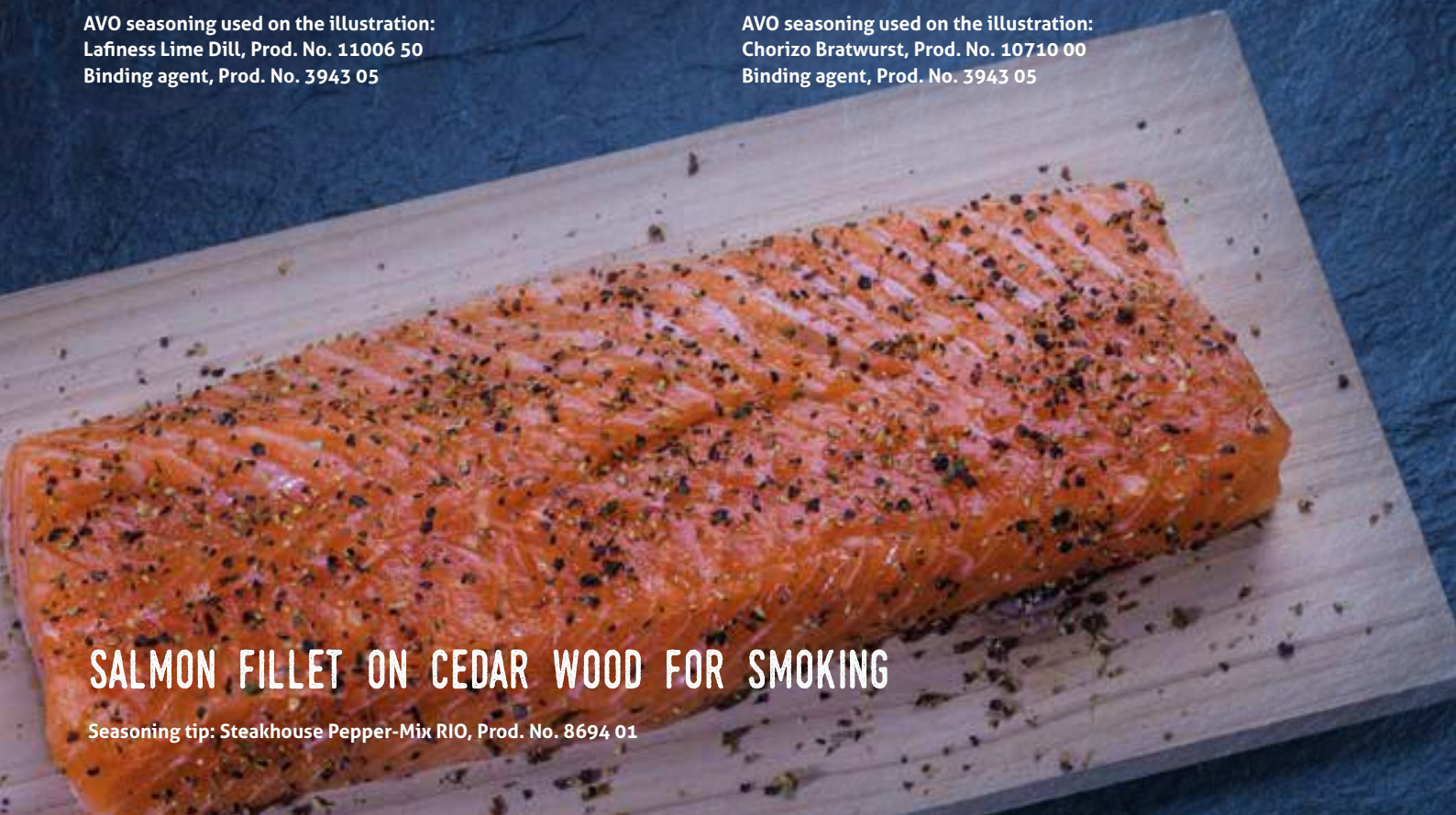
AVO seasoning used on the illustration:
Fish coating for fresh fish, Prod. No. 9005 00
Binding agent, Prod. No. 3943 05

LIME DILL FISH BRATWURST

AVO seasoning used on the illustration:
Lafiness Lime Dill, Prod. No. 11006 50
Binding agent, Prod. No. 3943 05

CHORIZO FISH BRATWURST

AVO seasoning used on the illustration:
Chorizo Bratwurst, Prod. No. 10710 00
Binding agent, Prod. No. 3943 05



SALMON FILLET ON CEDAR WOOD FOR SMOKING

Seasoning tip: Steakhouse Pepper-Mix RIO, Prod. No. 8694 01

★ SPECIALITIES ★

Herring in a "fur coat"

Layered salad with pieces of herring, cubes of red onion, fine slices of apple, mayonnaise and beetroot

North Sea shrimp salad

Fine creamy salad with North Sea shrimps and mayonnaise, seasoned with lemon

Herring salad

AVO seasoning used on the illustration:
Classic base cream, Prod. No. 8672 50

Soused herring salad

AVO seasoning used on the illustration:
Dressing for sausage salad, Prod. No. 8776 00

Italian fish pan with cod fillet

AVO seasoning used on the illustration:
Lafiness tomato-sauce free, Prod. No. 5080 50
and Italian pan-cooked vegetables

Asian fish pan with pollack fillet

AVO seasoning used on the illustration:
Lafiness curry free, Prod. No. 4822 50
and Asian pan-cooked vegetables

PAELLA

AVO seasoning used on the illustration:
Lafiness chakalaka, Prod. No. 1877 50 und Lafiness Bangkok free, Prod. No. 10727 00

Additional ingredients: cod fillet, salmon fillet, shrimps, mussels, chicken breast fillet, peas, rice, lemon, fresh coriander

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