

July 28th Cook a Fish, Give a Fish class w/ Jason Timothy creative culinary director, Troop

Recipe: Grilled Whole Scup with Summer Vegetables

Ingredients: Serves 2-4 depending on the size of your fish

- 2-4 Whole Scup
- 1 cup cherry tomatoes
- 3 baby zucchini (or 1-2 larger zucchini) ¼ in diced
- 3 baby summer squash (or 1-2 larger squash) ¼ in diced
- 3 baby eggplants (or 1-2 larger eggplants) ¼ in diced
- 1 red onion, sliced ½ in rounds
- 12 garlic cloves, 3 smashed, 9 minced
- ¼ cup basil
- ¼ cup cilantro
- ¼ cup mint
- 1 cup olive oil
- 1 cup rice vinegar
- 1 qt water
- ¼ cup salt
- 2 Tbs sugar
- Lemon or lime
- Additional salt and pepper to taste

Instructions:

1. Clean fish as instructed. (We will go over this in class.)
2. Make a quick brine, 1 quart of room temp water with ¼ cup salt, 2 Tbs sugar, 3 smashed cloves of garlic, small pinch of each herb. Whisk until salt and sugar are dissolved, dunk the fish in, about 30 minutes.
3. While step 2 is happening, preheat the grill to medium high.
4. Toss vegetables together with oil, salt, pepper, a splash of vinegar, place in grill basket, and put on grill, cook until tender, put aside.
5. Take fish out of the brine, pat dry. Oil and season the fish, place on the grill. Cook on each side for 4 to 5 minutes a side. Once fish is cooked, turn off grill, and get ready to assemble.
6. On a plate, arrange your grilled vegetables, place fish over the top, finish with herbs and a drizzle of oil. Squeeze lemon or lime to finish.
7. Open your favorite beer or wine with your favorite people and enjoy!

Tools Needed:

- Sharp knives (Boning/filet knife or chef's knife)
- 2 Cutting boards (you can get by with one if you wash it between fish and veggies)
- Fish scaler (you can use the back of a knife, a large spoon, or a quahog shell if you're feeling extra creative. The fish scaler is available at STOCK, located on Hope st in Providence. They also have a magnificent knife selection!)
- 4 mixing bowls
- Small sauce pot
- Tongs
- Kitchen towels
- Empty garbage bag to catch scales
- Grill
- Grill pan or aluminum foil
- Fish spatula (or metal regular spatula)