
Grilled Fresh Haddock Four Seasons

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

2 pounds fresh haddock

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil

1/2 red onion, sliced

1 pound mushrooms crimini, sliced

4 cloves garlic, minced

1 green pepper, julienned

4 Roma tomatoes, wedged

1 splash Sterling Sauvignon Blanc

Haddock can be prepared for grilling by lightly brushing it with olive oil and then seasoning with salt and pepper. Set haddock on either a grilling plank (cedar) or a grilling tray. The texture is much too delicate for placing directly on the grill grates. Grill on medium heat with grill covered for 12 minutes or until flesh becomes solid white color.

At the same time you are grilling, heat a skillet with one tablespoon olive until it smokes. Place the onions and mushrooms in the same skillet and sauté briskly moving the vegetables. When the onions become transparent, add the garlic, peppers and tomatoes. Sauté only about one additional minute, being careful not to burn the minced garlic. Splash with Sterling Sauvignon Blanc.

To serve place the grilled fish on platter and over with sautéed vegetables.

Serving Ideas: Serve with rice or pasta.

Suggested Wine: Sterling Sauvignon Blanc