



Mel's Grilled Fish

This recipe is delicious for all types of fish, from haddock to hake to pollock!

Ingredients

Fish, filleted
Mayonnaise
Old Bay Seasoning
Cooking spray
Butter

Directions

Make sure your grill is set to a medium temperature, then brush or carefully spray the cooking surface with butter or cooking spray so that the fish doesn't stick.

Grill 4-5 minutes on each side, or until done. (Watch diligently during the cooking process so that your fish doesn't burn.)

Serve with melted butter for dipping.

Source: Mel Cushman, wife of Midcoast Fishermen's Cooperative member Randy Cushman.