

Grilled Sturgeon with Lemon-Caper Sauce

Ingredients

- Sturgeon fillets, about ½ pound each, skin removed, butterflied to about ½ inch thick
- Vegetable Oil
- Salt
- Pepper

Lemon-Caper Sauce

- A. 4 tbsp butter
- B. 1 small clove garlic, grated or minced
- C. zest from ½ lemon
2 tbsp lemon juice
1 tbsp capers
- D. 1 tbsp fresh parsley, chopped

Grill the Fish

1. Pull out fillets about 30 minutes before grilling and allow to warm to room temperature.
2. Start grill. Will require a med-high heat.
3. When grill is ready, thoroughly clean the grilling surface before using a towel soaked in vegetable oil to coat the grill plates (see below).
4. Lightly coat fish with vegetable oil, season with salt & pepper, and place on grilling surface. Do not move or disturb once placed on the grill.
5. Grill for 3 to 4 minutes per side. Remove from heat, cover, and let rest.

Make the Lemon-Caper Sauce

1. While the fish rests, melt butter (A) in a small fry pan over med-high heat.
2. Add garlic (B) and sauté for about a minute.
3. Add the lemon juice, zest, and capers (C), continuing to sauté for another minute.
4. Remove from heat, add parsley (D) and gently stir.
5. Place sturgeon fillets on a serving platter, spoon lemon-caper sauce over the fillets, and serve.

Notes

Sturgeon is a meaty, delicate tasting fish. It can be served baked, fried, smoked, or grilled. Its flesh is more dense than say, striped bass, so it won't flake as one might expect. Keep this in mind when you prepare sturgeon because it may become a bit tough with a more pronounced fish flavor when overcooked. It really does pay to heed the experts and **ensure that your grill plates are as clean as possible and well-oiled before you begin grilling** any type of fish. Believe me, a light cleaning and oiling just won't do. And be sure those grill plates are good and hot.