

# Enjoying the Blues

## TIPS FROM THE KITCHEN

*Posted June 15, 2011*

Bluefish is a tender-fleshed fish that is high in omega-3 fatty acids. As such, its quality declines quickly upon death. The trick is to buy the freshest blues available from a source that you know handles fish the right way — immediately cleaning and icing the fish when it is caught.

To deal with the strong flavor of blues, some ethnic groups have prepared the fish using equally flavorful spices and herbs. Basil, oregano, garlic, onion or all of these together applied with a heavy hand is a common practice.

Also, one can use cooking methods that render out as much of the fat as possible, i.e., broiling on a rack or grilling.

Another approach has been to use lots of lemon (an acetic factor) to cut the oiliness of the flesh, cut through the strong flavor and, some say, to fool the taste buds.

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