

## Fat Tuna grills phat salmon

Restaurant specializes in more than just seafood

By Molly MacMillan

Staff Writer doesn't take long to learn that despite the name, the Fat Tuna Grill is an equal opportunity seafood dining establishment.

A feature entrée, the Hawaiian Pineapple Grilled Salmon, was the dish that owner Steve Parrill prepared to drive the message home.

"We created it here," he said. "(The recipe is) very simple, pretty healthy, and low fat."

The entrée is not on the everyday menu, but is available for catering and is actually a special with legs-- the recipe should travel well, Parrill said.

The salmon is char-broiled on an open-flame grill to produce a salmon steak with a crispy, flaky almost-crust.

Parrill explained that the wild Pacific Salmon served in the dish is wild-caught, so it is mostly free of the PCB's -- chemical pollutants that leach into water -- common in farm-raised salmon.

Layered atop the salmon steak is a confetti of mango pineapple salsa speckled with black and white sesame seeds and dashes of green mint.

The menu is rarely, if ever, stationary, Parrill said. It usually includes 15 to 20 feature entrées and the kitchen is always tinkering with recipes to create a better product, he said.

"My kitchen manager and I review the recipes together," he said. "If the public dictates they don't like something, we either revise it or get rid of it."

The Hawaiian salmon steak is served with a smattering of a thicker teriyaki-like sauce atop coconut jasmine rice. Sautéed sesame baby spinach provides an extra jolt of green to accompany the dish.

The owner suggested guests might consider a glass of a mildly acidic, semi-dry white wine with the meal.

"You could pair (the dish) with a nice chardonnay," he said. "Something with a little vanilla hint to it."

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John King photo

A plate of Hawaiian Pineapple Grilled Salmon at the Fat Tuna Grill on Route 26 in Millville.