

Bonefish Grill Celebrates National Seafood Month

Bonefish Grill founder Tim Curci shares his passion and expertise to celebrate October.

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PRESS RELEASE: TAMPA, Fla., Oct. 7 /PRNewswire/ -- Whether it's a night out with friends or cocktails with the girls, any day is the perfect reason to try something new at your neighborhood Bonefish Grill, the award-winning, polished casual restaurant specializing in market-fresh fish. It's easy to enjoy fish and seafood throughout the week with these tasty and healthy tips from the resident "Fresh Fish Expert" at Bonefish Grill, just in time for National Seafood Month this October.

"We pride ourselves on providing our guests with superior quality, personal 'chef's coat' service and a well-rounded culinary menu dedicated to a wide variety of seafood offerings," states Bonefish Grill founder and Senior Vice President of Menu Development and Innovation, Tim Curci. "We want to share our passion for exceptional fresh fish and seafood with our customers, whether at home or by serving them a wonderful meal at our restaurant."

A Culinary Institute of America graduate and key industry innovator, Curci brings his passion for delicious, fresh fish and seafood to his creations and seasonal menu offerings. His goal is to provide consumers with simple solutions to make seafood an enjoyable staple for every household. Here are a few tips on selecting and preparing fresh fish whether at home or dining out:

* Remember the 10:1 Rule: When baking or grilling fish, cook the filet for 10 minutes per one inch of thickness at 400-450 degrees F, and flip the fish halfway through the cooking time. Try "Kate's Grouper," a delicious recipe created by Tim especially for his daughter Kate, available on [facebook.com/bonefish grill](https://www.facebook.com/bonefishgrill).

* Double-duty, Half the Work: Marinade works twice as hard! Before adding fish to a marinade, set aside a portion of it to serve as your basting liquid when baking or broiling.

* Keep an Eye on Your Seafood: Oysters and clams only require three to five minutes of cooking time. Scallops and standard shrimp are fully cooked in seven to nine minutes; rock shrimp will be ready in just under four minutes.

* Tempting Fall Treats: Oysters and fish are a terrific fall treat for a group of friends or family! When cooking multiple batches for a group, the temperature of the oil will decrease; always bring the temperature of the oil back to 365 degrees F before the next batch.

* Use Your Senses: If a fish smells "fishy," don't buy it, and don't eat it. For whole, fresh fish, look for vivid gills and shiny skin or undamaged scales. A fresh fish will have elasticity to it. Press firmly on the skin and it should quickly retake its original shape. It also should look freshly caught, not as though it has been abused. The whiter the fish, traditionally, the milder it will taste. The deeper in color, the fish will have a more robust flavor.

Straight from the ocean to the table, Bonefish Grill focuses on fresh fish and innovative dishes. Throughout National Seafood Month, guests can sample a diverse collection of these dishes including a special Apalachicola Oysters appetizer, Bonefish Grill's signature Bang Bang Shrimp and delicious bar fresh cocktails, including the Ocean Trust Martini. For every Ocean Trust Martini sold, Bonefish Grill makes a donation to the Ocean Trust foundation to promote healthy oceans and fisheries around the globe.

HOT TOPIC

Check out the Menu Development page for more restaurant chain menu promotions, rollouts and ideas.

For more information and tasty recipes on Bonefish Grill, please visit www.bonefishgrill.com or facebook.com/bonefishgrill.

About Bonefish Grill

As the "Fresh Fish Experts," Bonefish Grill specializes in market-fresh fish and other wood-grilled specialties. Knowledgeable and attentive Bonefish Grill Anglers (our service staff) provide the best in what we like to call "chef's coat service." Our Anglers pride themselves on guiding our guests' journey through our innovative, seasonal menu and specials, which feature only the highest-quality, freshest ingredients, including traditional and unique varieties of fish and seafood as well as numerous non-seafood items. We combine this with a big city bar that offers bar fresh cocktails and an affordable, interesting wine list.

Recently named "Best Seafood Restaurant in the Nation" by a leading consumer product guide, Bonefish Grill can be found in 29 states around the nation. For more information, visit us on the Web at www.bonefishgrill.com, www.facebook.com/BonefishGrill or <http://twitter.com/BoneFishGrill>.

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