

MEN'S JOURNAL



JULY 2018 Vol. 27, No. 7

UNLIKELY
SUPERHERO

**PAUL
RUDD**

IS BACK IN
ANT-MAN &
THE WASP

**Epic
Motorcycle
Road Trip**

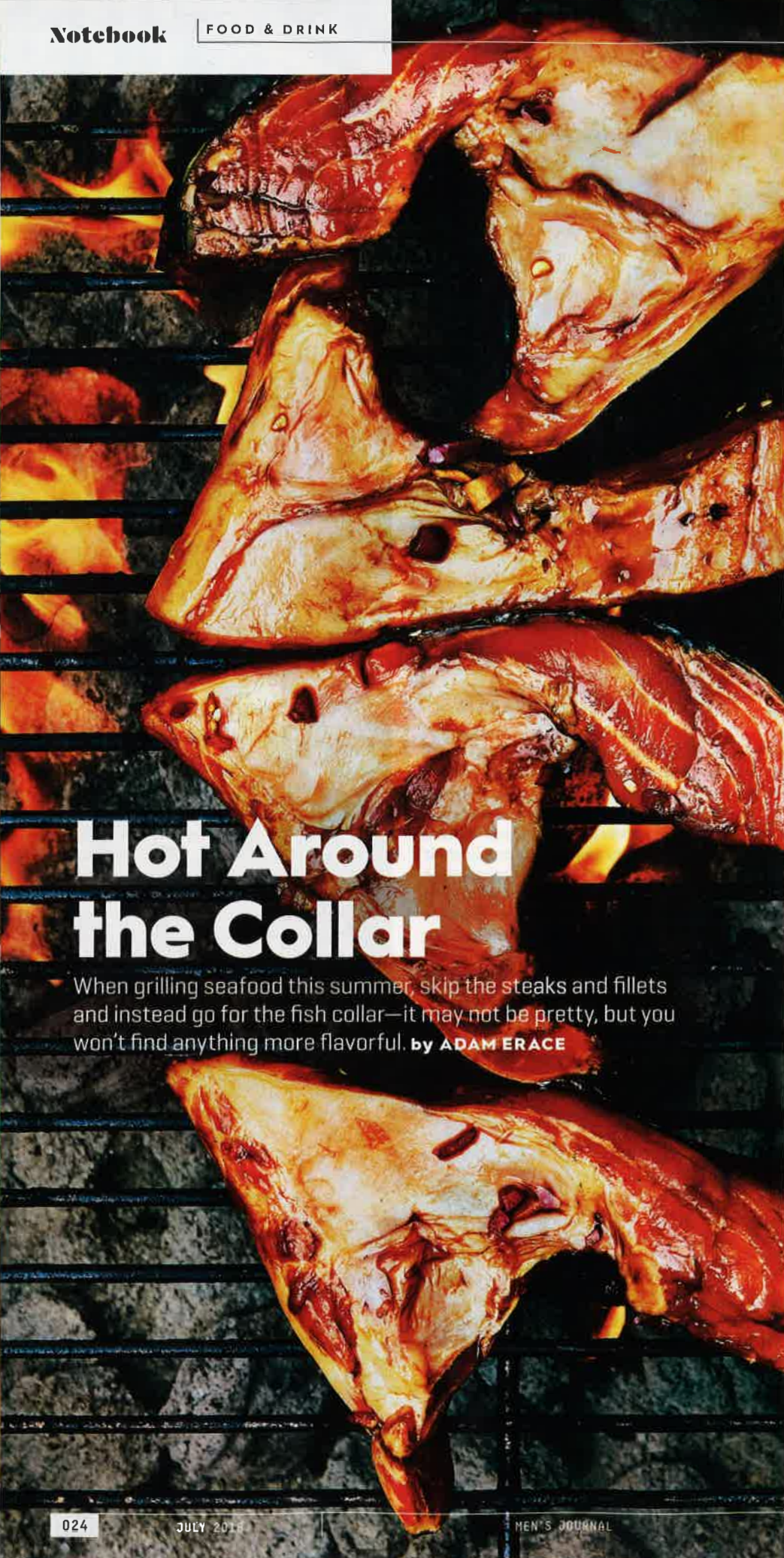
FROM ALASKA
TO ARGENTINA

THE UNTOLD
STORY OF THE
**TOUGHEST
MAN IN
AMERICA**

PERFECT
YOUR
PUSHUPS

**THE
BEST
SUMMER
EVER**

A COMPREHENSIVE
GUIDE INSIDE



Hot Around the Collar

When grilling seafood this summer, skip the steaks and fillets and instead go for the fish collar—it may not be pretty, but you won't find anything more flavorful. **by ADAM ERACE**

A **AINST A SHINY** center-cut fillet, a fish collar would never win a beauty contest. But the moist, fatty flesh locked inside that bony triangle tucked between the fish's gills is the most flavorful part of the fish. Think of it as you would dark meat on a chicken—then plan to grill some this summer.

To match the richness of the fish collar, you need an intense marinade. Sunny Jin, executive chef of Paws Up, a luxury wilderness resort in Montana's Blackfoot Valley, channels his mother's traditional Korean recipe, marinating the cut for four hours in soy sauce, honey, and rice wine. But patience with the slow marinade pays off with a rapid cook time—"Just a quick grill to caramelize the sugars and crisp the skin," Jin says.

Collars from any medium to large fish will work—salmon, halibut, tuna, and yellowtail are all delicious options. If you don't see them out for sale—and you probably won't—just ask the fishmonger. "Collars are by-product for most people," Jin says. The upside: "You'll probably get them for pennies."

SALMON COLLAR BULGOGI



Serves 4

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|----------------------------|-----------------------------------|
| 1 cup soy sauce | 2 tsp finely minced ginger |
| ½ cup honey | 1 jalapeño, sliced (optional) |
| ½ cup rice wine | Salt and pepper to taste |
| 1 tbsp sesame oil | 4 salmon collars |
| 1 sweet onion, sliced | Toasted sesame seeds, for serving |
| 2 shallots, sliced | |
| 1 bunch scallions, chopped | |
| 1 tsp finely minced garlic | |

1. In a large bowl, combine soy sauce; honey, rice wine, and sesame oil and mix until honey has dissolved. Add the rest of the ingredients except for the collars and half the scallions, mix, and let rest for 10 minutes. Add collars, cover, and refrigerate at least 4 hours.
2. Grill over medium-high heat about 20 minutes, starting bone-side down and flipping halfway through, until medium-rare. (Be careful that the grill is not too hot, as the honey in the marinade will burn.) Sprinkle with sesame seeds and remaining scallions, and serve.