



Whole fish over the coals

Fish sticks easily to a grid, so it's really important to build up a non-stick surface on a clean grid. Brush the hot grid two or three times with a wad of kitchen paper dipped in oil before you cook the fish.

Serves: 4

Recipe Type: Mains

Main Ingredient: Fish and Seafood

Ingredients

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- 2 red romans, 30-40cm long or Jacopever (a greener choice) or other sustainable fish
- 1 dash PnP Finest extra-virgin olive oil, for brushing
- 1 lemon and black pepper seasoning, or salt and milled pepper
- 1 lemon, finely sliced
- 15 grams PnP basil, or oregano
- 6 leaves vine leaves, or lemon

Method

- **Ask your PnP fishmonger to butterfly the fish by removing the backbone but leaving the rest of the fish intact (with the head and tail still attached).**
- **Brush** inside of fish with olive oil. Season generously inside and out with Ina Paarman's Lemon & Black Pepper Seasoning or salt and pepper.
- **Place** lemon slices and herbs in fish cavity. Secure with a kebab stick.
- **Blanch** lemon or vine leaves briefly in boiling water. Wrap around fish heads. Secure with string. Cover heads and tails with foil to prevent burning.
- **Brush** skin with olive oil and place on a well cleaned and oiled grid.
- **Cook** over medium coals.
- **Turn** fish once browned, using two spatulas.
- **Cook** until under side is done.