

FJORD

FISH MARKET



Grilled Whole Fish

One of our favorites adapted from Food and Wine Magazine

Ingredients

- One 2 pound fish, such as branzino, red snapper, or sea bass, cleaned and scaled
- Extra-virgin olive oil, for brushing and drizzling
- Salt and freshly ground pepper
- 4 Parsley stems
- 1 crushed garlic cloves
- 2 halved lemon slices, for stuffing

Instructions

Light a grill. Let the fish stand at room temperature for 20 minutes; pat dry with paper towels.

Brush the fish all over with olive oil and season generously inside and out with salt and pepper. Stuff the cavity with the parsley stems, garlic and lemon.

Brush the grate with oil. Grill the fish over moderately high heat, uncovered, until lightly charred and it releases easily from the grate, 10 minutes. Turn and grill until the flesh is white throughout, 10 minutes longer. Transfer the fish to a platter and let stand for 10 minutes. Drizzle with oil and serve.