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## SALT GRILLED FISH

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### Ingredients

4 servings of fish - whole fish or fish fillets or fish steaks:

- 4 small (8-inch long) whole fish, descaled and gutted - seabream, trout, tilapia, sardine, mahi-mahi or mackerel

OR

- approx. 16 ounces of fish fillets or fish steaks, cut into 4 equal pieces - tilapia, salmon, tuna, mahi-mahi or trout

2 tbsp fine salt

5 cups water

¼ - ½ cup coarse pickling salt (2 tbsp/whole fish, 1 tbsp/fillet)

1 lemon

2 tbsp soy sauce



### Instructions

Servings  
4

Prep Time  
10 mins

Brine Time  
20 mins

Grill Time  
10-15 mins

Total Time  
45 mins

1. Mix 2 tbsp fine salt with 5 cups of water, for cleaning the fish.
2. Clean the fish by pouring cold salted water over them. Rinse both the outsides and insides of the fish with the salt water.
3. Pat the cleaned fish with paper towels until very dry. Place the fish on a large plate or in a tray.
4. Sprinkle pickling salt evenly over the fish, then flip the fish over and sprinkle the other side with more salt. For whole fish, also sprinkle a small amount of salt inside the fish cavity. In general, use 2 tablespoons of coarse salt per whole fish, or 1 tbsp of coarse salt per fish fillet or fish steak.
5. Let the fish sit coated in the salt for 20 minutes, exactly.
6. While the fish brines, preheat the barbecue to medium high heat. For the oven, preheat to 400 ° F.
7. Slice the lemon into slices, then soak the slices in the soy sauce.
8. After 20 minutes, rinse the salt off the fish using more of the salted cold water.
9. Pat the fish very dry with more paper towel, then stuff the fish with the lemon slices. For fillets, skip using the lemons for now - drizzle the fish fillets with the lemon just before serving.
10. Cook the fish, either on the barbecue or in the oven.
  - **Barbecue:** Place the fish on the barbecue grill. Cook for 6 minutes or until the fish gets nice grill lines, then flip the fish over and cook for another 4 minutes.
  - **Oven:** Place the fish on a broiler rack with a tray to collect any drippings in the 400 ° F heated oven. Cook the fish for 8 minutes, then flip over and cook for another 8 minutes. You can turn the broiler on for the last minute or two to get nice grill lines, if desired.
11. Transfer the grilled fish to a serving plate. If using fillets, drizzle them with soy-soaked lemon. Serve the fish right away with more lemon slices and fresh herbs, if desired.