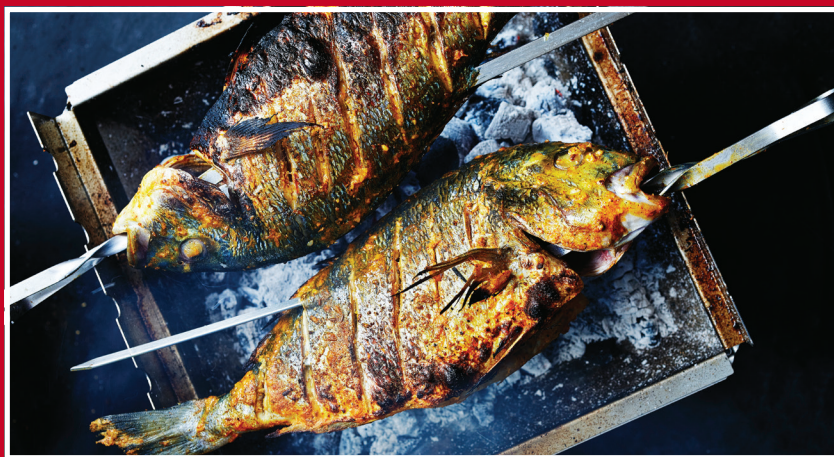




RECIPE

Tandoori Whole Fish



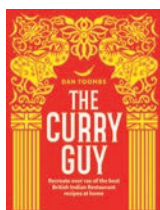
INGREDIENTS

2 whole bream or sea bass, cleaned
 1 tbsp garlic and ginger paste
 4 tbsp white wine vinegar
 1 tsp rapeseed oil
 1 tsp chilli powder
 2 tbsp tandoori masala (see separate recipe sheet)
 1 tsp garam masala (see separate recipe sheet)
 1½ tbsp plain yoghurt
 1 lemon, quartered
 Salt

METHOD

1. Make shallow slits on each side of the fish.
2. Put the garlic and ginger paste, vinegar, oil, chilli powder, tandoori masala, garam masala and yoghurt in a bowl and whisk into a marinade. Season with salt to taste then rub the marinade all over the fish, inside and out, and leave to marinate for about 30 minutes.
3. Meanwhile, prepare your barbecue for direct grilling.
4. Remove the fish from the marinade and place in a metal grill fish basket, or thread a couple of skewers through to hold it in place. Cook, turning regularly, until the skin is nicely charred and the fish is cooked through.
5. Serve with a squeeze of lemon.

*Preparation and cooking time, recipe also requires 30 minutes marinating



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