

★ U.K. ★ BBQ ★ Week ★



Direct grill



Final Temp
63°C/165°F



20 mins
plus
prep



£6



Serves 2

RECIPE

Grilled Sea Bass



INGREDIENTS

6 garlic cloves peeled and roughly chopped
1tbsp salt
1 1/2tsp caraway seeds toasted in a dry pan and ground in a spice blender
1 tsp cumin seeds toasted in a dry pan and ground in a spice blender
100ml olive oil
2tbs smoked paprika
1/2 tsp cayenne pepper
50g tomato paste
1tbsp red wine vinegar
1tsp sugar
1 sea bass approximately 700gms scaled and gutted.
Juice of 1 lime

METHOD

- 1. For the Ginger and Coriander Relish**
2. Combine all the ingredients in a bowl, season to taste with salt and pepper and set aside
- 3. For the Chreime**
4. Crush the garlic with the salt, caraway and cumin and garlic in a pestle and mortar, add a table spoon of olive oil, the paprika and cayenne pepper and stir to combine
5. Heat the rest of the oil in pan over medium heat, add the garlic and spice mix and fry stirring frequently to avoid burning.
6. Bring to a gentle simmer then add the vinegar and sugar. Taste and adjust seasoning if needed. Keep warm.
7. Score the sea bass on each side and drizzle with oil, season with salt and pepper
8. Set the bbq up for direct grilling, once ready grill your sea bass for 3-4 mins a side, it should be opaque and slightly firm when ready.
9. Put sea bass into sauce and bring to a gentle simmer spooning some sauce over to finish the cooking.
10. Serve with the relish spooned over and straight from the pan.
11. Some toasty crusty bread and a green salad make great sides

Recipe by Al's backyard BBQ