

Grilled Fish with Tomatoes and Chilies Recipe

Ingredients:

4 whole fish, each about 500 g, use snapper, mackerel or similar

Seasoning:

Salt to taste

¼ teaspoon freshly crushed white pepper

2 tablespoons lime (calamansi) juice

2 tablespoons + more for basting vegetable oil

Sauce:

200 g tomatoes, peeled, halved, seeded and diced

5-10 bird's eye chilies, sliced, use more or less according to taste

50 g shallots, peeled and sliced

2 tablespoons lime (calamansi) juice

a pinch of salt

3 tablespoons vegetable oil

Method:

Use a sharp knife to make 4 slits, each about 2-cm deep, on both sides of fish. This not only helps the seasoning to better penetrate the fish, but also helps the fish to cook more evenly. Rub fish with seasoning ingredients, then refrigerate or leave in a cool place for 30 minutes to marinate. Meanwhile, prepare sauce. Combine all ingredients and mix well, then set aside in a cool place for 30 minutes. Grill (broil) fish over hot charcoal for a few minutes on each side, basting frequently with vegetable oil. This prevents the fish from sticking to the grill and helps the seasoning to penetrate the fish. Alternatively, oven-grill until cooked. Remove grilled fish and place on a serving platter. Serve with sauce spooned on top or on the side.

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