

### **Whole Grilled Fish with Garlic Sauce**

Serves 4

Courtesy of L'Academie de Cuisine Chef Brian Patterson, for demo July 24th, 2015

#### **For the Marinade and Fish:**

1 cup soy sauce

½ cup sesame oil

2 tablespoons freshly chopped ginger

3 teaspoons chopped garlic

1 tablespoon Thai chili paste (such as Sambal Oelek)

2 tablespoons chopped cilantro

Two medium whole fish (about 2 pounds each), such as rockfish or snapper

#### **For the Sauce:**

3 tablespoons vegetable oil

1/3 cup fish sauce

6 kaffir lime leaves, sliced thinly

3 tablespoons sugar

1 head garlic (about 8 cloves), peeled and thinly sliced

¼ cup julienned jalapeno pepper

¼ cup julienned red bell pepper

¼ teaspoon ground white pepper

¼ cup diagonally sliced green onions

¼ cup fresh cilantro leaves and/or sweet basil leaves

3 tablespoons fresh lime juice

2 tablespoons water

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. Stir together the marinade ingredients in a medium bowl. Score the skin of the fish and pour the marinade over the fish in a wide dish.
3. Heat a grill over high heat, and wipe down the grill with oil.
4. Place the fish onto the grill and sear on both sides. Transfer the fish to a baking sheet and let cook in the oven for 10-15 minutes.
5. As the fish cooks, combine the oil, fish sauce, lime leaves, and sugar in a small saucepan. Bring to a simmer and add the garlic, jalapeno, red bell pepper and white pepper.
6. Let the sauce simmer for a few minutes, then remove from heat and stir in the spring onion, cilantro leaves, and lime juice.
7. Remove the fish from oven and allow to rest for a few minutes. Pour the sauce over the fish and serve.

*Recipe courtesy of L'Academie de Cuisine Chef Brian Patterson*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*

\*\*\*



Smithsonian  
National Museum of American History  
Kenneth E. Behring Center



Smithsonian  
*National Museum of American History*  
*Kenneth E. Behring Center*