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.

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