

## INGREDIENTS

Total Cook Time: 30 min 4 Servings

- 1 whole fresh fish (1.5 kg fish feeds about 4)
- ½ cup butter (melted)
- 1 tot apricot jam
- 4 cloves garlic (chopped)
- juice of 2 lemons
- 1 tot chopped parsley
- olive or sunflower oil
- salt and pepper

## DIRECTIONS

1. Melt the butter and mix in the garlic, lemon juice and parsley. You will use this sauce to baste the fish while it is braaing.
2. An 'open' fish has two sides, a flesh side and a skin side. Rub or paint the oil onto both sides and then grind salt and pepper onto the flesh side only.
3. Place fish in a hinged grid and braai it on medium-to-hot coals, flesh side down, for about 3–4 minutes until the flesh gets a light golden colour. Now turn the grid over and braai the fish skin side down until done. Total braai time should be between 14 and 20 minutes depending on the size of the fish, the height of grid and the heat of the fire. Baste throughout with your sauce made from the melted butter, lemon juice, parsley and garlic. Although you should try and keep it to a minimum, don't worry if the skin side burns slightly here and there – you're not going to eat the skin. I treat fish skin at the braai as a natural tinfoil.
4. The fish is ready when it has turned white, comes away from the bones when you try to loosen it or flakes when you insert a fork into it. Remember the golden rule: If you think it's ready, it probably is.

“Chargrilled Fish on the braai”



**OBC**<sup>TM</sup>