

Whole Grilled Croaker Fish

Fish does very well on the Barbeskew; being able to grill the fish but in a very hot oven means you can cook it fast and thus retain the moisture. Croaker fish can be bought in most West Indian or Asian butchers shops, certainly around where we live. It is a large fish, meaning it is fairly easy to fillet, with large bones that are easy to remove. This recipe uses the flat grill for the Barbeskew, proving that it is just as versatile as a conventional old-fashioned barbecue!

Ingredients:

2 x whole croaker fish, gutted.

Marinade:

4 tbl spoon soy sauce
clove of garlic – crushed
1 tbl spoon fresh ginger, finely chopped
Juice of one orange,
Peel of the orange, cut in to small strips
2 tbl spoons soft brown sugar
½ teaspoon red pepper flakes

3 spring onions, finely chopped

Preparation:

- Put all the ingredients for marinade in a bowl and mix well.
- Put the fish in a large flat dish, pour over the marinade and leave for at least two hours.

Cooking:

- Heat the Barbeskew to around 200-210°.
- Place on the flat grill of the Barbeskew.
- Close the lid. Cook for 12 minutes per centimetre of thickness. Halfway through, gently turn the fish over and spoon any marinade that remains over the fish. You will have to clean the Barbeskew after cooking! The fish will be cooked when it is tender and starts to come away from the bone easily.

