

BARBECUED SEA BREAM WITH CHIMICHURRI ROJO

Serves: **Two adults** | Cooks in: **30 minutes**

Enjoy this barbecued delight on a summer night, or under the grill if you feel a chill.



Recipe adapted from thebbqmag.com

INGREDIENTS

- 1 Sea Bream per person
- coarse sea salt
- coarse black pepper
- lemon slices
- 2 cloves of garlic
- 1 tbsp dry oregano
- Handful of fresh flat leaf parsley and oregano
- 60ml extra virgin olive oil
- pinch of smoked paprika
- 2 tbsp red wine vinegar
- 1 tbsp tomato puree

METHOD

1. Set up your fire pit or grill for direct cooking about 6–8 inches above the embers, so that you can suspend a couple of long skewers with the fish on over the coals on the edge of the BBQ / fire pit without touching the grates; a couple of bricks with the coals between would work in a pinch. The heat at the cooking level should be hot enough that you can only hold your hand (carefully) at this level for 2–3 seconds.
2. Alternatively, set your grill to a hot temperature and move on to step 5.
3. Cut a couple of slashes along the thickest part of the fish to allow the heat to penetrate through and cook so it can catch up with the thinner areas.
4. Skewer the gutted sea bream on a flat wide skewer from the mouth down to the tail. Place 2–3 slices of lemon inside the fish's cavity. Season the skin of the fish with plenty of salt and pepper.
5. Suspend the fish over the coals or place on a baking tray under the grill and cook for 6–7 minutes on each side until the skin crisps and chars slightly. If you can, ensure the fish is cooked through 55–60c internal temperature.
6. While the fish is grilling, make a quick chimichurri rojo by blitzing up the garlic, fresh flat leaf parsley, fresh oregano, dried oregano, extra virgin olive oil, coarse sea salt, smoked paprika, red wine vinegar and tomato puree in a blending machine. Blitz until the ingredients form a smooth-ish paste. If you wish, loosen up the paste with a little more olive oil then spread over the cooked sea bream.