

FIG LEAF ROASTED FISH

By Grace Gloria Denis

INGREDIENTS

Local fish of your choosing

Three large fig leaves

Olive oil

Lemons

Coarse sea salt

Cooking twine

Fresh or dried rosemary or thyme

METHOD

- Wash and dry the freshly cut fig leaves, lay out to dry.
- Once dry, line a baking sheet with the leaves and place the fish on top.
- Make a horizontal incision on the fish, filling the interior with slices of lemon, a sprinkle of coarse sea salt, and herbs.
- Drizzle interior and exterior with olive oil.
- Wrap fish with the fig leaves, binding it closed with the aid of kitchen twine.
- Bake at 170 celsius for about fifteen minutes.
- Allow to rest for five minutes before serving.