

BARBECUED FISH



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SERVES:4

Prep time: 30 minutes

Cook time: 5 minutes

INGREDIENTS

16-24 sardines • 4 mackerels (cavala), cleaned by fishmonger • 4 rock-bass (robalo), cleaned by fishmonger •
Sea salt • Olive oil

METHOD

Clean the sardines and the other fish in water. Remove the scales, sprinkle with sea salt and leave to one side for at least one hour • Light your barbecue • Clean the fish, removing the salt, and dry them with kitchen paper • Brush the fish with olive oil and grill/B.B.Q. them for about 3-4 minutes on each side