

Grilled freshwater fish

Serves 2–4

1 whole, freshwater, white-fleshed fish (here, something like Australian Bass or Perch would do)

¼ cup olive oil

salt to taste

fish spice* to taste

1 lemon

Scale and gut the fish.

Slash the outside of the fish diagonally about four times on each side – this helps it to cook it evenly.

Sprinkle the cavity and the outside with the olive oil, salt and fish spice.

Leave the fish to marinate in the oil and seasoning for half an hour.

Sprinkle the fish with the juice of half a lemon.

Slice the remaining lemon half into four and place these pieces inside the cavity.

Put the fish inside an oiled wire frame.

These gadgets make it much easier to turn the fish without mishap.

If you don't have a frame, make sure the grill on your barbecue is well oiled and you have metal tongs and a flip handy.

Grill the fish over charcoal embers (grilling over embers or a lower heat rather than a high flame helps retain moisture).

Six minutes each side should be long enough to cook a medium-sized fish.

Serve with the lemon wedges, [nshima](#) and [lumanda](#) relish.

*Fish spice usually contains ingredients like dried parsley, coriander, pepper, celery powder, onion powder, salt and maize flour). You can find it in African grocers.

