

Pesce alla Griglia

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Perfect for a warm summer evening, this simple recipe for whole grilled fish beautifully highlights the fresh flavor of the catch of the day. And if you're cooking your summer seafood feast in the kitchen, don't worry: we've included the directions for grilling and roasting the fish indoors, as well.

COURSE: Secondo piatto

DIFFICULTY: Easy

PREPARATION TIME: 30 minutes

Yield: 2 servings

1 whole fish, about 1 pound each, cleaned & scaled (ask your fishmonger)
1 lemon



1 sprig fresh rosemary or marjoram
2 tablespoons extra virgin olive oil
Fine sea salt & freshly-ground black pepper, to taste

Juice half of the lemon. Combine the lemon juice and the olive oil in a large bowl.

Place the herb sprig in the cavity of the fish. Slice the remaining lemon, and stuff the slices into the cavity as well. Place the fish in the bowl with the lemon-oil mixture, and turn to coat. Season the fish with salt and pepper, and set it aside.

Prepare the outdoor grill. (If you don't have a grill, preheat a cast-iron grill pan or broiler, or preheat the oven to 450°F and roast the fish, about 10 minutes per inch of thickness.)

When the grill is very hot, grill the fish, turning once, until the flesh is opaque near the bone, about 8 minutes per inch of thickness.

Allow the fish to rest on a serving platter for a minute or two, fillet (get our simple guide!) and serve.

Buon appetito!

This recipe was first published courtesy of [Eataly Magazine](#) [2].



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