

Kitchenalia Westboro

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Grilled Branzino with Summer Gremolata

Serves 4 - 6

When you want to put on a bit of a show while essentially putting forth the amount of effort typically associated with grilling a burger, reach for branzino. This beautiful, saltwater fish, also known as European sea bass, is flaky and slightly sweet. It holds up beautifully when grilled whole. Have your fishmonger do the dirty work of gutting and scaling, and put your effort into complementing this beautiful whole fish with parsley and a summery lemon gremolata topping.

Branzino Ingredients:

3 whole branzino fish, gutted and scaled by your local fishmonger
2 lemons, 1 sliced into rounds, 1 sliced into wedges
2 tablespoons canola oil
Kosher salt
Freshly ground black pepper
Flake salt (like Maldon's)

Gremolata Ingredients:

1 cup flat leaf parsley
2 garlic cloves, peeled and minced
1 teaspoon lemon zest
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1/4 teaspoon Kosher salt
1/4 teaspoon red pepper flakes
1/4 teaspoon fresh black pepper

Directions:

1. Make the gremolata: Wash and finely mince the parsley, leaving a few whole leaves for garnish. Combine all of the gremolata ingredients together in a bowl and mix to combine. Set aside.
2. Cook the branzino: Wash the fish under cold water and pat dry. Clean and heat the grill to medium-high heat.
3. Place lemon rounds inside the cavity of the branzino. Rub the fish liberally with canola oil. Sprinkle with Kosher salt and freshly ground black pepper.
4. Grill the fish horizontally on the grill grates for 8 minutes on the first side until the skin is brown and crispy, and starting to puff up and flake. The fish should easily release from the grates when using a metal fish spatula. If the fish is sticking, it is not yet ready to flip. Once turned, cook the other side for another 8 minutes and remove from heat.
5. Sprinkle with the flake salt and serve with the gremolata and lemon wedges.