



**APPETITE**  **THE WILD**  
Cook • Fish • Hunt



by MELISSA FROHLOFF

# Whole grilled fish

## Ingredients

- 1 whole fish, 40cm in length
- Bush spice seasoning
- Oil

## Method

1. Scale and gut fish.
2. Make diagonal cuts on both sides of the fish.
3. Smear fish with oil and sprinkle with bush spice, rubbing the herb mix into the cuts.

4. Put fish in barbecue grill cage. Place cage on open fire over a bed of coals and cook for 15 minutes a side or until cooked.

## Tips

This is the simplest and tastiest way to cook any whole fish on the campfire, resulting in a herb-crusted crispy skin and a flesh that is smoky and moist. A fingermark was used as the basis for this recipe.

Prep time: 5 min | Cook time: 30 min | Serves 2