Barbecue Fish flavoured with Fennel

Fennel enhances the flavour of oily fish, cooked whole either on the BBQ or under the grill.

Wash and dry whole cleaned fish such as mackerel or red mullet and sprinkle lightly with sea salt. Fill the inside of each fish with as many fennel leaves as possible. Brush with oil and grill or BBQ for 10 – 12 minutes until brown on both sides.

Arrange more fennel stalks on a serving dish and lay the fish on top of them to serve, garnished with lemon wedges.