



## BBQ Spiced Rum Whole Coral Trout

Thanks to Paul from Slice of Nature for this great recipe!

### Ingredients

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| Whole coral trout, gutted & scaled (or similar)    | ½ Red capsicum, sliced (also dice a few slices)        |
| 6 sprigs fresh thyme                               | ½ Yellow capsicum, sliced (also dice a few)            |
| 1 tbsp fresh parsley, finely chopped               | 1 small red onion, sliced from the sides in on 4 sides |
| 1 stem fresh parsley                               | 1 Tin diced tomato                                     |
| 2 stalks spring onion, finely sliced               | Olive oil  |
| 2 tsp fresh ginger, finely chopped                 | Dash of soy sauce                                      |
| Garlic cloves, finely chopped or tsp minced garlic | Sailor Jerry spiced rum (several good dashes)          |
| 2 Fresh lemons, sliced                             | Salt & cracked pepper to taste                         |
| 3 Fresh limes, halved                              |  |



### Method

1. Begin by scoring both sides of the fish, a couple of inches apart.
2. In a mixing bowl, add a good dash of olive oil, the diced red and yellow capsicum, garlic, 1 tsp ginger, half of the spring onion, parsley, soy sauce, juice of 1 lime and a good dash of Sailor Jerry spiced rum.
3. Insert the onion slices and some garlic into the scores in the fish, drizzle the marinade over the top. Flip fish over and repeat.



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4. Lay a line of lemon slices and some red and yellow capsicum down on bottom of baking tray. Add a good drizzle of olive oil over the lemon and capsicum and place the fish on top. Lay another line of lemon and capsicum between each score on the top of the fish. Save some capsicum for presentation later.
5. Spoon about half a tin of diced tomatoes and some garlic into the inside of the fish and drizzle a little over the top. Squeeze the juice of 1 ½ limes over the fish and splash the remaining marinade over the top and drizzle with a dash of soy sauce and olive oil or spiced rum, whichever you prefer. Season with salt and pepper.
6. Bake in preheated oven at approx. 200 degrees Celsius. Cooking time will vary according to size of the fish – approx. 20 mins for each kilo. Fish is cooked when the flesh flakes easily or a fork gives no resistance when removed.
7. Dress the finished fish with red and yellow capsicum slices, remaining spring onions, sprigs of parsley, remaining ginger and juice of remaining lime half. Enjoy with family and friends!



**The Reverend Recommends:  
Serve this dish with Asahi Japanese Beer,  
Devil's Corner Riesling or Doorly's Rum**