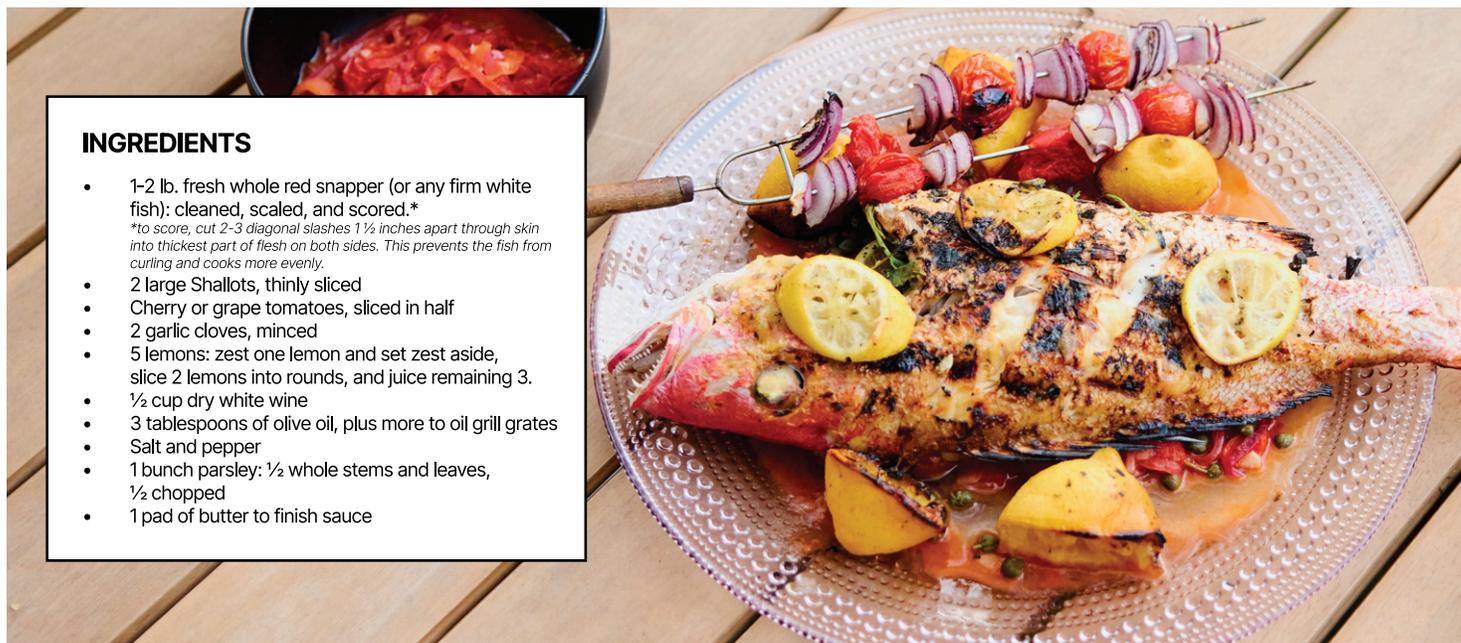


# Whole Grilled Red Snapper with Caramelized Shallots and Lemon Sauce



## INGREDIENTS

- 1-2 lb. fresh whole red snapper (or any firm white fish): cleaned, scaled, and scored.\*  
\*to score, cut 2-3 diagonal slashes 1 ½ inches apart through skin into thickest part of flesh on both sides. This prevents the fish from curling and cooks more evenly.
- 2 large Shallots, thinly sliced
- Cherry or grape tomatoes, sliced in half
- 2 garlic cloves, minced
- 5 lemons: zest one lemon and set zest aside, slice 2 lemons into rounds, and juice remaining 3.
- ½ cup dry white wine
- 3 tablespoons of olive oil, plus more to oil grill grates
- Salt and pepper
- 1 bunch parsley: ½ whole stems and leaves, ½ chopped
- 1 pad of butter to finish sauce

## METHOD

1. **Temper the fish.** Let fish sit out on counter at room temperature for 20 minutes and pat dry with paper towels.
2. **Caramelize the shallots.** Meanwhile, bring a pan to low heat and add 1 tablespoon of olive oil. Once glistening, add shallots. Cook low and slow, adding a tablespoon of water to deglaze, stirring and evaporating. Repeat this process until shallots are brown, soft and caramelized. This will take time, about 20 minutes or more. Set pan with shallots aside.
3. **Oil and start the grill.** Oil the grill grates with brush. Start grill. Temperature should be 375-400 degrees Fahrenheit.
4. **Prep and season the fish.** Rub 1 tablespoon of olive oil on fish inside and out, salt and pepper inside and out. Take parsley stems and leaves and place inside of fish. Line the lemon rounds on the inside of fish, on top of parsley.
5. **Grill the fish.** Lay the fish onto grill and cook for 5-8 minutes on each side (the bigger the fish, the longer time you'll need). Fish should release from grill easily and flesh should be white throughout. Set fish on serving plate and let rest for 10 minutes.
6. **Cook the sauce.** Using the pan with the shallots, turn on heat to medium high and add remaining tablespoon of oil to pan. Once heated, add garlic and sauté until fragrant and lightly browning. Add white wine and deglaze pan, letting wine reduce by half. Add tomatoes and lemon juice, then stir into sauce. Let sauce reduce by half again. Turn heat off and add pad of butter. Stir as butter melts. This should thicken slightly and add a nice, silky look to the sauce. Salt and pepper to taste. Pour sauce over fish.
7. **Garnish with chopped parsley and zest of lemons.** Enjoy!

## SERVING SUGGESTION & PAIRING

Serve the Whole Grilled Red Snapper as a main dish, paired with a Rioja Gran Reserva.

Optional Side Dishes: Creamy Polenta, Marinated Cooked Kale