

Grilled Pompano

- Scale, gut and remove the gills of the fish.
- Wash it well in salty water, seawater or a simple brine of 1/4 cup kosher or sea salt to 1 quart of water.
- Make a few slashes along the sides of the fish. In this case, don't crosshatch the cuts because that exposes too much of the meat to the fierce heat of the grill. (Cross hatching is great for fried pompano.)
- Rub the fish down with oil. I like olive oil, but you do you.
- Salt it well, inside and out.
- Get your fire hot. Real hot. Clean those grates!
- Using tongs and a paper towel soaked in oil, slick down your grill grates right before you place the fish on the grill. Let them cook a solid 4 to 8 minutes, depending on the heat of your grill, before flipping.
- Remove them, and finish with lemon and black pepper.