



BBQ Bream, with Sour Orange Glaze

INGREDIENTS:

- 2 large Bream (about 800g), cleaned, refrigerated uncovered overnight on a wire rack to dry skin
- Grapeseed oil or other neutral oil, for brushing
- 2 oranges, quartered, to serve

SOUR ORANGE GLAZE

- 300 ml orange juice
- 2 tsp orange zest
- 100g tamarind pulp, cut into pieces
- 70 ml agave syrup
- Juice of 1 lime

METHOD:

1. Preheat your barbecue to high. If using a woodfire barbecue, have the embers burnt down to hot coals.
2. For the sour orange glaze, combine ingredients in a saucepan over medium heat and simmer until thickened slightly (about 5 minutes), and keep warm.
3. Wipe out fish cavity, brush skin liberally with oil and season with salt. Place fish on hot barbecue and grill, without turning, until fish is half-cooked and skin is golden (7-8 minutes). Turn over fish using spatulas, then baste cooked side with glaze several times while other side cooks through (7-8 minutes; the fish is done when flesh gives when pressed and is white around the head, the thickest part of the fish).
4. Meanwhile, grill orange quarters on the barbecue (1-2 minutes each side).
5. Carefully transfer fish to a serving platter, then pour the remaining glaze over fish. Scatter with orange quarters and serve with rice.