

Grilled Lake Fish & Herb Bundles

Picnic at the Lake | July/August 2006



- 4 10- TO 12-OZ. DRESSED WALLEYE OR TROUT
- 1/4 TSP. SEA SALT
- 1/4 TSP. FRESHLY GROUND BLACK PEPPER
- 1 SMALL LEMON, HALVED LENGTHWISE AND THINLY SLICED
- 1 MEDIUM ONION, HALVED LENGTHWISE AND THINLY SLICED
- 1/4 CUP LIGHTLY PACKED FRESH BASIL LEAVES, CHOPPED
- 16 SPRIGS FRESH ROSEMARY, OREGANO, AND/OR SAGE
- 1 TBSP. OLIVE OIL
- LEMON WEDGES

Rinse fish; pat dry with paper towels. Season cavity of each fish with salt and pepper. Place lemon and onion slices and chopped basil in cavity of each fish. Lay 2 herb sprigs atop basil in each cavity. Drizzle with oil. Close fish. Lay 2 herb sprigs atop each fish. Gently tie clean kitchen string around each fish and herb sprigs in several places. Grill immediately. Or, cover and chill fish for up to 2 hours.

For a charcoal grill, arrange medium-hot coals around a drip pan. Test for medium heat above drip pan. Place fish, herb side up, on a greased grill rack over the drip pan. Cover and grill 15 to 20 minutes or until fish flakes easily when tested with a fork (do not turn fish). (For a gas grill, preheat grill. Reduce heat to medium-high. Adjust for indirect cooking. Place fish on greased grill rack. Cover and grill as above.)

Serve fish whole or remove heads and skin. Snip strings; discard herb sprigs before eating. Serve with lemon wedges. Makes 4 servings.