



Servings 4

Prep Time 120 min

Cooking Time 10 min

# Grilled Whole Perch with Lemongrass and Turmeric



## Directions

### Step 1

Trim down and peel away outer layers of the lemongrass stalks until you get to the tender layers.

### Step 2

Mince lemongrass with a sharp knife, and then combine lemongrass with minced garlic, salt, cracked pepper, red pepper flakes, and turmeric.

*Warning: Turmeric stains yellow, so handle with surfaces and utensils that don't stain easily.*

### Step 3

Rinse perch under cold water and pat dry. Cut slits into the flesh on both sides of each fish.

### Step 4

Rub and press the lemongrass-turmeric mixture all over each fish, including inside the slits and also the body cavity. Lay the fish onto plates, cover and refrigerate for 1-2 hours.

### Step 5

Prepare grill for medium-low to medium-heat cooking. Do not set the coals/fire too close to the fish—the herbs burn easily. Once hot, clean grill grates thoroughly and then lightly coat with oil. Grill fish for 3-5 minutes on each side, or until cooked through. Watch closely to avoid burning the herbs too much.

Serve fish with Jasmine rice, freshly sliced tomatoes and/or other vegetables.

## Ingredients

4 whole perch, scales and spines removed

4 stalks of lemongrass

4 cloves of garlic, minced

1 teaspoon of kosher salt

Freshly cracked pepper, to taste

$\frac{3}{4}$  teaspoon red pepper flakes or to taste

2 teaspoons of ground turmeric

Vegetable oil, for brushing

Cooked Jasmine rice for serving

