



# Grilled Whole Trout

Chef J Chong

*"I'm so honored to be a part of the Secret Supper and bringing Cantonese food to an open fire. So excited about this one and can't wait to share the flavors of my childhood with some new friends!"*

*@jchong\_eats*

## INGREDIENTS

- Whole trout, 1-1 ½ pounds, scaled and gutted
- 3 tablespoons ginger, finely julienned
- 3 scallions, finely julienned both green and white parts
- 1 bunch of cilantro, washed and trimmed. Leaving stems on ¼ cup Canola oil
- ½ teaspoon salt
- ¼ cup light soy sauce
- 2 tablespoons sesame oil

## METHOD

Prepare your grill or wood fire to between 375-400F degrees.

Wash trout (other fish that work well are striped bass, black sea bass, branzino).

Make three slits along with the fish on both sides vertically. Brush trout with canola oil on both sides, season with salt, reserve remaining oil.

Place trout on the grill grates, the fish will start to char, this will help release the fish from the grill grates, 4 minutes.

Flip fish and let cook for another 4 minutes. After the 4 minutes is up, using a fork check to see if the trout is cooked.

---

## METHOD

---

The fish should start to look translucent and become flaky, easily pulling away from the bones.

Once the fish is cooked, place on a platter. Heat up wok, and a little bit of canola oil.

Add ginger, cook until golden brown, remove and spread evenly over trout.

Add scallions and cilantro to the wok until wilted, spread evenly over trout.

Season trout with ginger, scallions and cilantro with soy sauce and sesame oil.

And lastly, heat up the remainder of the canola oil until it is hot, pour over trout, you should hear the oil sizzling over the trout.

Serve with jasmine rice and enjoy!

