

## Salt-grilled Sea Bass (Suzuki-no shio-yaki すずきの塩焼き) (しおや)

Fish appears on the Japanese menu more frequently than pork or beef. This is only logical when one considers that Japan is an agriculturally land-poor country, a cluster of mountainous islands surrounded by ocean currents that are rich in fish. Try this basic grilled fish recipe. If your summer barbecue grill has been put away for the season already, you can try broiling it your oven. Whichever place you use, remember: be careful not to overcook the fish, the skin should be crisp, and the grilled fish should be served and eaten hot.

### Ingredients

1 $\frac{3}{4}$	lb.	sea bass fillet (or other firm white fish)
4	small	bell peppers
		salt
		lemon wedges
		vegetable oil
		skewers (should be soaked in water to prevent them from burning on the grill)

### To prepare:

1. Cut fillets crosswise into 4-inch long slices. Salt rather heavily. Thread two skewers from top to bottom through two pieces of fish that have been set parallel to each other. (Using two skewers makes it easier to turn the fish over on the grill.) Cross-score the skin to keep it from shrinking.
2. Wash the bell peppers. Remove the stems and seeds. Cut in half lengthwise, and skewer crosswise.

### To grill and serve:

1. Place the skewered fish with the skin side facing the fire, and grill until roughly halfway done (about 5 mins.). The flesh on the upper side will begin to bead with a pinkish sweat. The skin facing the fire will become a crisp, golden brown.
2. Turn over and continue grilling for an additional 2-3 minutes or until done. Rotating the skewers occasionally will help keep the flesh from sticking.
3. While the fish is grilling, baste the green peppers with oil and grill for 2-3 minutes or until done.
4. Gently remove the skewers and arrange fish with bell peppers on a plate. Garnish with a lemon wedge.

Serves 4.

[Source: Japanese Cooking A Simple Art by Shizuo Tsuji. Kodansha Int'l., N.Y. 10022 ISBN: 0-87011-399-2]