

## Whole Baked Redfish



(12-15 servings)

### Ingredients:

2 (6.5 lbs each) Redfish, scaled  
Lemons  
Fresh Aromatics  
Grape Seed oil

### Directions:

Preheat oven to 400°.

Give the fish a soak in salt water, pat it dry, and season it inside and out with salt and white pepper, just as you would a chicken.

Then stuff some aromatics into the cavity.\*

I like to use fresh herbs like parsley and oregano, along with cloves of garlic, and slices of ginger and lemon, but really you can use anything that will add flavor to the fish.

Give the fish a little rub down with oil, transfer it to a rimmed baking sheet (I like to line the sheet with parchment for easier cleanup later), and roast it until a thermometer inserted into the thickest part of the fish reads about 135°F.

(Other ways to judge doneness: The fins should come right off when you pull them, and you should be able to feel the fish flake slightly under the skin when you press on it.)

\* The aromatics could also be coarsely chopped before stuffing the cavity and spooned on top of the fish when plating.