

catch of the day

So simple, but so satisfying – catching your own guarantees a succulent, fresh fish that will need little dressing or accompaniment. Pure, earthy – almost spiritual – this is the holiest of barbecue feasts.

Serves 1

ingredients

Some stonkingly fresh fish

1 lemon (juice only)

Olive oil or butter

Fresh herbs (some thyme or a few bay leaves would be ideal)

method

Catch, gut and clean your fish. You could fry your fish in a pan with a touch of butter, but it's also tempting to lay it directly on the barbecue bars.

Once the bottom side has browned nicely, flip it over. You want the skin to crisp up and blacken with charcoal lines. Have a peek at the flesh – when ready, it should be firm and no longer opalescent.

Eat straight away while piping hot. Although a scattering of fresh herbs would be welcomed here, they are by no means essential. Fresh lemon juice and a drizzle of olive oil or butter will give you all the sauce you need.

preparing your fish

Scrape the fish from tail to head with the back of a knife to de-scale it, if required, then rinse. Cut along the length of the belly, open the fish and take out the innards, throat and gills. Use a spoon or the back of a knife to scoop up the blood vein from the backbone, then give the fish another good rinse. Done.

