



# Sugar Apple

Posts From The Caribbean

## Grilled Old Wife

This preparation would also work well with other varieties of whole fish, like snapper. Or try it using thick fish steaks or fillets (swordfish, halibut or even salmon), though they'll probably only need about 10 minutes to cook. If you don't have jerk paste, sprinkle some dry jerk seasoning over the fish (or any other seasoning that strikes your fancy). You could also cook them in a medium oven (say 350° to 400°) for 20 minutes.

*1 whole fish, cleaned*  
*the juice of 2 limes*  
*3 tablespoons of jerk paste*

Lay the fish on a large piece of heavy duty foil. Squeeze the lime juice over both sides and the inside of the fish. Then rub the jerk paste over both sides and inside the fish. Bring the foil up around the fish and close the package, sealing it tightly. Grill over medium heat for 20 minutes, turning the package over after the first 10 minutes. Serve with wedges of fresh lime and some hot pepper sauce.

<http://www.abigailblake.com/sugarapple>

from the article *Grilled Pot Fish and Fried Plantain* posted on June 25, 2009