Main dishes / Mali

# Grilled capitaine

Nile perch grilled whole over coals, with a yet onion sauce and fried plantain.

**Time** 105 min **Servings** 4

## What you'll need.

- ☐ 2 kg Nile perch or pike-perch — whole, gutted
- ☐ 2 tbsp Mustard
- ☐ 6 clove Garlic
- ☐ 2 piece Chilli
- ☐ 3 piece Plantains
- ☐ Salt and pepper — to taste
- ☐ 5 piece Onions
- ☐ 3 piece Lemons
- ☐ 30 g Ginger
- ☐ 1 piece Stock cube
- ☐ 120 ml Vegetable oil

## Let's make it.

**01** Cut deep slashes to the bone on both sides of the fish, every three centimetres.

**02** Grind the garlic, ginger, chilli, stock cube, lemon juice and oil into a paste and work it into the cuts.

**03** Leave the fish to marinate for an hour in the cold.

**04** Slice the onions and sweat them in oil over a low heat for thirty minutes, to a caramel colour.

**05** Stir the mustard and lemon juice into the onions and season; that is the yet sauce.

**06** Grill the fish over indirect heat, twenty minutes a side.

**07** Fry the plantain and serve the fish under the onion sauce, with the plantain and lemon.

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