



Kingfish is a firm, slightly oily fish with a strong taste. It has a rich and sweet flavour that teams up well with stronger notes of herbs and citrus and is best when seared and cooked only to a medium rare.

Grilled Kingfish

Ingredients

2 kingfish steaks
2 tsp oregano
2 tsp fresh thyme
1 tbsp Kosher salt
1/4 cup lemon juice
1/4 cup olive oil

Instructions

Prepare the marinade by mixing together the oregano, thyme, and salt. Add the lemon juice and oil and mix well. Pour over the kingfish steaks and turn over to cover all sides. Allow to rest in the marinade for 1 to 2 hours.

Heat your grill to a medium/high heat (400°F). Place the kingfish steaks on the grill and cook for 4 to 5 minutes. Turn over to grill the other side for an additional 3 to 4 minutes. The cooked steak should flake easily with an internal temperature of 145°F.

Serve with a fennel salad. Serves 2.