

# Palau

## Grilled Snapper

Palau has a popular saying: "fish is always best on the same day as the catch".

MaryAnn from the Australian Volunteers Program team in Palau shared *grilled snapper* with newly found Palauan friends. While eating they spoke of the difficulty of the catch, the fight the fish made, and the feeling of victory once they grabbed the fish in their bare hands.

Over the bounty of the catch, people tell stories about days that once were and days that have now become. You learn so much through the sharing of food.

### Ingredients

1.3 to 1.5kg whole red snapper, cleaned and scaled

5cm ginger, thinly sliced

2 cloves garlic, thinly sliced

4 kaffir lime leaves

2 tbsp dark soy sauce

2 tbsp sesame oil

1 large banana leaf

1 lime, cut into wedges

### Method

Heat banana leaf over a flame to soften and place on top of a large sheet of foil.

Combine soy sauce and sesame oil. Brush both sides of the fish and the fish cavity with the mixture.

Make a few small slices in the flesh with a sharp knife and insert the garlic, ginger and lime leaf into incisions. Place remaining lime leaf, garlic and ginger into the fish cavity.

Brush fish again with remaining sauce and wrap in the banana leaf and foil.

Cook on grill or barbeque on a medium heat for around 10 to 15 minutes on each side until tender and flaky.

Serve with rice and lime wedges.

