



GRILLED MULLET

INGREDIENTS:

1 1/2 Pounds mullet fillets	1 Tbsp. lemon juice	1 Cup ketchup
1 Tsp. salt	2 Tbsp. chopped onion	1/4 Cup water
1/2 Tsp. pepper	1 Tsp. Worcestershire sauce	
4 Tbsp. oil		
1 Tsp. garlic salt		

PREPARATION:

Use approximately 1 1/2 Pounds mullet fillets. Have fish cleaned by removing heads and tail but leave scales on. The scales help hold in moisture and keeps the fish from sticking to the grill. Sprinkle fish with salt and pepper. Mix together barbecue sauce by mixing together oil, garlic salt, lemon juice, onion, Worcestershire sauce, ketchup and water. Place scale side down on charcoal grill. Cook fish on the grill until fish starts to turn golden brown then apply prepared barbecue sauce.

Enjoy!

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