

# Whole Fish in Foil

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

Here is a great recipe for fish. I like to cook fish on a grill, but I usually don't like smoke on it. A gas grill works great for fish directly on the grill, but I hate to clean up the grate after cooking. So this recipe takes advantage of cooking outside, without the mess – except for the eating.

**Ingredients:**

- Any small whole fish (under 3lbs) gutted and cleaned - I like red snapper, trout, or bronzino
- One sweet onion – sliced into ¼” rings
- Ribs Within BBQ Salt or salt and pepper
- 2 Scallions tops trimmed off cut in half (optional)
- Tin foil

**Prep:**

1. Rinse fish and pat dry.
2. Place fish on a long piece of tin foil (2 times the size of the fish) centered
3. Sprinkle Ribs Within BBQ Salt or salt and pepper, inside and outside, be generous
4. Place most of the cut onions inside the fish and the rest on top.
5. Place the scallions on top of the onions.
6. Close the foil around the fish. There is a trick to this. Grab the short sides, meeting at the top of the fish, and then rolling like you are closing a bag. Roll end to end and then fold up the sides onto the top. A seal is important to keep in the steam.

**Cooking:**

1. Turn all burners on grill onto high for 5+ minutes.
2. Turn two burners down to medium.
3. Place fish over the medium heat. (350-400 degrees)
4. Close lid and cook for 15 minutes.
5. Open grill and turn all burners to low.
6. Carefully open the foil on the top to let the steam out.
7. Close the lid for 5 minutes.
8. Remove from the grill, let rest for 5 minutes and eat.