

ROCKY'S KITCHEN · PANAMA CANAL CATCH

Fire-Grilled Snook

Charred lime–garlic butter, sweet peppers & culantro



YIELD

Serves 4

PREP

20 min

COOK

10 min

TOTAL

30 min

INGREDIENTS

SNOOK

- 4 skin-on snook fillets, 6–8 oz each
- 1 tbsp neutral oil
- 1 1/4 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika

CHARRED-LIME BUTTER

- 4 tbsp unsalted butter, softened
- 2 garlic cloves, finely grated
- 1 tsp lime zest
- 1 tbsp charred lime juice
- 1 tbsp chopped culantro or cilantro
- 1/2 tsp honey
- Pinch of ají chombo or cayenne
- 2 limes, halved
- 2 mini sweet peppers, halved lengthwise and seeded
- 2 tbsp extra herbs, for serving

METHOD

1

HEAT THE GRILL

Set up a clean, well-oiled grill for direct high heat, 450–500°F. Pat the fish very dry. Check carefully for pin bones.

2

CHAR, THEN SEASON

Grill lime halves cut-side down and peppers until marked, 2–3 minutes. Rub fillets with oil; season with salt, pepper, and paprika.

3

MIX THE BUTTER

Squeeze 1 tbsp juice from the charred limes into the butter. Mix with garlic, zest, culantro, honey, and chile. Move peppers to a platter.

4

GRILL THE FISH

Lay fish skin-side down. Close lid and cook 5–7 minutes without moving. Flip only if needed; cook 1–3 minutes more, until the thickest part reaches 145°F.

5

GLOSS AND REST

Brush hot fish with lime butter. Rest 3 minutes, then serve with charred limes, peppers, and herbs.

ROCKY'S NOTES

- A fish basket or perforated grill mat is cheap insurance for delicate fillets.
- No thermometer? The flesh should be opaque and separate easily—but temperature is the reliable test.
- Keep the catch at 40°F or colder and cook or freeze promptly.