

Salt-crusted sea bass

Cuisine: **Italian**
Food category: **Fish**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 195 °C

1

 Hot air

 100 %

 Termination by time

 00:25 hh:mm

 180 °C

 60 %



Ingredients - number of portions - 8		
Name	Value	Unit
sea bass fish	4	pcs
marjoram sprigs	3	pcs
sprig of parsley	10	g
Lemons	1	pcs
garlic cloves, finely chopped	3	pcs
coarse salt	1	kg
egg	2	pcs
vodka	150	ml
extra virgin olive oil	20	ml
freshly ground black pepper, ground	1	g

Nutrition and allergens	
Allergens: 3	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	1.1 kJ
Carbohydrate	0.2 g
Fat	0 g
Protein	0.1 g
Water	0 g

Directions

*sea bass (600g) per uncleaned fish, scales on, gutted and split horizontally

- On the flesh side of the halved fish, rub the herbs, lemon, garlic, evoo and pepper.
- Set the oven on dry heat at 180°C (fan speed 3).
- Combine the egg and salt.
- Lay out the fish halves on oiled ovenproof dishes, flesh side down.
- Spread the egged salt over the fish skin to cover it completely and bake for 20–25 minutes.
- Transfer onto plates, pour the vodka over the salt crust and flambé before breaking.

Recommended accessories



Enameled GN
container