

# 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

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

## Recommended accessories



Enameled GN  
container