

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

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 egg 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.

Nutrition and allergens

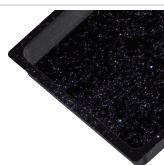
Allergens: 3

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

Recommended accessories



Enameled GN container