Retigo Combionline | OnlineMenu | Fish 26. 11. 2021

# Salt-crusted sea bass

Cuisine: Italian

Food category: Fish



Author: Jaroslav Mikoška Company: Retigo

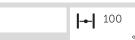


#### Program steps

Preheating:

195 °C

1 **\$\$\$** Hot air





**3** 00:25 hh:mm







## 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

