

# Salt-crusted sea bass

Cuisine: Italian

Food category: Fish



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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
- 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.

## 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