

# 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    |

| Nutrition and allergens                                                                                                                  |        |
|------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Allergens: 3<br>Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>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