



Salted Baked Fish

Overview

Difficulty Medium

Servings 2

Preparation Time 15 mins

Cooking Time 20 mins

Ingredients

Cream Sauce

- 3 tablespoons cooking oil
- 2 tablespoons chopped white onion
- 400ml whipping cream
- Salt
- White pepper powder
- 20ml dry white wine

Baked Fish

- 1kg white meat fish (Barramundi, Sea Bass etc) whole, gutted
- 500g rough salt
- 50g egg white
- 10g fresh Italian parsley
- 10g fresh rosemary
- 10g fresh thyme
- 1 lemon

Methods

Step 1.

Heat up a small pan on low heat and pour in the cooking oil.



Step 2.

Fry the chopped white onion till it softens and deglaze with the white wine.



Step 3.

Pour in the whip cream and bring to a simmer. Add in salt and pepper to taste.

Step 4.

Preheat the oven to 200 C in fan-heat mode.

Step 5.

Add egg white to the rough salt to make a paste.



Step 6.

Stuff all the herbs into the belly of the fish. * Chef's tip: Allow the fish to reach close to room temperature before baking it to shorten cooking time.



Step 7.

Line the tray with a piece of aluminium foil and pour some salt mixture onto the foil.



Step 8.

Place fish on the salt mixture and cover it completely with the same. Bake for 40 minutes.



Step 9.

Cut away the salt crust and remove skin of fish.



Step 10.

Avoid touching the salt crust and scrap the meat of fish with spoon.



Step 11.

Serve with sauce and lemon wedge.

Guten Appetit



Product Used

Serie | 8 Oven

The built-in oven with PerfectBake and PerfectRoast: you get perfect baking and roasting results – automatically.

