

FISH INSIDE THE SALT ROCK



Ingredients (serves 4 people):

Fish

2 kg of clean fresh whole fish such as sea bass, salmon, mullet, snapper or other oven-preferred fish

Salt to taste

Black pepper to taste

3 sprigs of rosemary
1 thyme branch
1 branch of oregano
4 kg of coarse salt
8 beaten egg whites

Sauce

50 ml olive oil
2 tbsp unsalted butter
1 tbsp finely chopped parsley
1 Sicilian lemon juice
Salt to taste
Black pepper to taste

Preparation:

1. Line a tray with aluminum foil.
2. Beat the egg whites and mix with coarse salt.
3. Season the fish with salt and pepper.
4. Line the fish belly with rosemary, thyme and oregano.
5. Put a layer of the coarse salt mixture in the aluminum and pour the fish on top.
6. Fully cover the fish with the salt and egg white mixture.
7. Splash a few drops of water on top to help form the crust and bake in a preheated oven at 180° C for approximately 45 minutes until the salt begins to turn dark brown.
8. Remove from oven, let stand for ten minutes and carefully remove salt with a small hammer and a pointed knife.
9. Use a brush to remove excess salt.
10. Heat the olive oil and butter.
11. Before starting to boil add salt, pepper, lemon juice and parsley.
12. Put in a bowl and water the fish while serving.
13. Serves with mashed potatoes prepared according to recipe found in Side Dishes Recipes.