

Sea Bream in Salt

Cuisine: **Spanish**
Food category: **Fish**



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Program steps

Preheating: 190 °C

1

 Hot air

 100 %

 Termination by core probe temperature

 59 °C

 180 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
coarse salt	1	kg
egg white	2	pcs
garlic powder	10	g
dill	2	g
lemon zest	1	pcs
dorado 500-600	1	pcs

Nutrition and allergens	
Allergens: Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K	
Nutritional value of one portion	Value
Energy	0.4 kJ
Carbohydrate	0.1 g
Fat	0 g
Protein	0 g
Water	0.9 g

Directions

We gut the sea bream and trim the fins.

We mix the salt and spices with the egg white and lemon zest.

We create a base of coarse salt, place the sea bream on it, insert the probe into the nape, and cover with salt, slightly marking the salt around the fish to later be able to easily remove the layer of salt.

Bake.