

Salt-Crusted Baked Fish



Ingredients:

1 medium sized fish (e.g. seabass, trout, seabream)
4 egg whites
300 gms of cooking salt
Chopped herbs of choice (e.g. dill, rosemary)
2 slices of ginger
1 clove of garlic (sliced)
2 slices of lemon
olive oil
black pepper

Method:

1. Prepare a baking tray with greased tin foil.
2. Clean the fish and fill centre with ginger, garlic and lemon.
3. Preheat the oven to 190 degrees.
4. Beat egg whites until peaks form and then gently fold in the salt.
5. Place fish on the tray and sprinkle with chopped herbs and season with black pepper.
6. Drizzle the fish with olive oil.
7. Cover fish with egg white mixture.
8. Bake for 45 minutes (the meringue should be browned).
9. After removing from oven, let it rest for 5 minutes.
10. Crack the meringue to reveal the cooked fish.
11. Serve with fresh salad.

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