



SEA BREAM BAKED IN A SALT CRUST WITH LEMON SAUCE

Serves 4

Ingredients

Fish

large Sea Bream, gutted but not scaled or trimmed
1.75kg cooking salt
2 egg whites

Lemon Sauce

600ml fish stock (or veg stock)
1 small lemon, sliced
120ml dry white wine
1 egg
1 egg yolk
300ml olive oil
salt & black pepper

Directions

1. Pre heat the oven to 200°C.
2. Mix the salt with the egg whites. Spread a thick layer in the bottom of a large roasting tin. Put the Sea Bream on top and cover the fish completely with the rest of the salt mixture making sure there are no gaps. Bake in the oven for 20 minutes.
3. Meanwhile make the lemon sauce. Put the stock, sliced lemon and white wine into a pan and boil rapidly until the liquid has reduced to about four tablespoons. Strain into a bowl and leave to cool. Put the whole egg, egg yolk and reduced stock mixture into a food processor with some salt & pepper. With the motor turning slowly gradually pour in the oil to make a thick mayonnaise-like mixture.
4. Remove the fish from the oven and crack open the top of the salt crust. Lift the crust away from the top of the fish and carefully transfer the fish to a serving plate. Pull the skin away from the fish and gently lift the fillets off the bone.
5. Serve with a dollop of lemon sauce on the side.