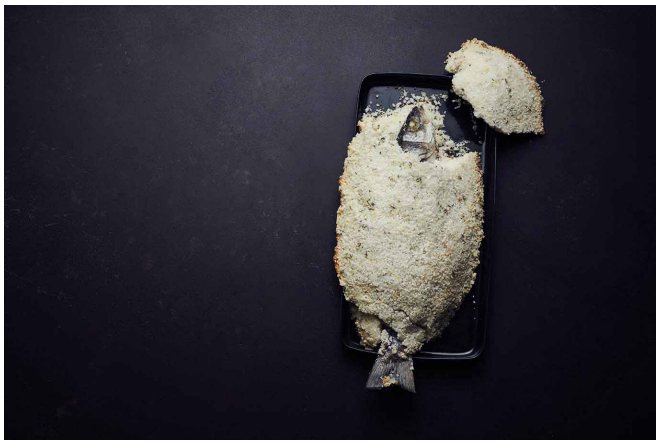
Sea bass

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	25 Mins
מנות	4
התקן	CombairSteamer V6000 from 2021

baked in a lemon salt crust

Sea bass

4 kg coarse-grain sea salt

1 unwaxed lemon, grated zest

1 bunch of thyme, leaves plucked

2 egg whites

100 ml water

2 sea bass (each about 500 g)

Sea bass

Preheat the cooking space to 200 °C using the hot air mode.

Mix all the ingredients up to and including the water together well. Form a bed of salt the same size as each of the fish on a baking tray lined with baking paper.

Rinse the inside and outside of the fish under cold water, then pat dry with kitchen paper. Lay the fish on the salt bed and insert the food probe into the thickest part of one fish. Spoon the remaining salt over the fish, pressing it down well.

Put the fish in the middle shelf position and connect the food probe to the cooking space. Bake until the food probe temperature reaches 55 °C.

Using a serrated knife, cut around and carefully remove the salt crust. Serve the sea bass fillets with the skin removed.

Cooking steps

(Pre-)heat cooking space to 200 °C with Hot air

Preheating finished. Put the food in. Connect the food probe to the cooking space.

(Pre-)heat cooking space to 200 °C with Hot air

אביזרים

Baking tray

Food probe

מידע נוסף

הופק ביום	26.01.2022