

# 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:<br>Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc<br>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.