



## Arctic Char in Salt Crust with Saffron Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

CRUST

### Ingredients

- 0.3 bunch chives
- 1 teaspoon dijon mustard
- 1 eggs
- 3 egg whites
- 1 sprig rosemary fresh
- 1 teaspoon garlic minced
- 1 teaspoon kosher salt
- 3 pounds kosher salt

- 4 slices optional: lemon
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest
- 1 tablespoon orange zest chopped
- 4 sprigs parsley fresh italian
- 1 pinch saffron threads
- 1.5 cups vegetable oil
- 0.5 cup water cold
- 1 arctic char fresh
- 1 arctic char fresh

## Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- kitchen thermometer
- rolling pin

## Directions

- Special equipment: an instant read thermometer, rolling pin, food processor
- Preheat the oven to 400 degrees F.
- Trim the fins from the Arctic char.
- Place the chives, parsley, lemon slices, rosemary, and lemon zest into the cavity of the fish.
- Whip the egg whites and cold water with a whisk until they form light peaks.
- Add the kosher salt and mix well with your hands. The texture should be like damp sand. Invert a baking sheet, the length of which is 2-inches greater than the fish, and spread 3 cups of the salt mixture on the baking sheet as big as the outline of the fish.

- Place the fish on top of the salt and cover completely with the remaining 6 cups of salt (you may not need all the salt). The salt should be at least 1/2-inch thick all around the fish.
- Bake for 25 minutes or until an internal temperature of 140 degrees F is reached.
- Let the fish rest for 5 minutes. Crack the salt with a rolling pin and remove the chunks of salt. Peel back the skin and remove the fish from the bones.
- Serve with Saffron Aioli.
- In a food processor combine the egg, lemon juice, garlic, and mustard. Puree until well combined, scraping down the sides of the bowl.
- While the food processor is running slowly, pour in the vegetable oil. The mixture will thicken as it emulsifies.
- Add the saffron, kosher salt, and orange zest. Store covered in the refrigerator for up to 4 days.

## Nutrition Facts

**PROTEIN 8.97%**

**FAT 85.75%**

**CARBS 5.28%**

### Properties

Glycemic Index:39.08, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.8260868813681%

### Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 120.13kcal (6.01%), Fat: 11.69g (17.99%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.44g (0.49%), Cholesterol: 27.28mg (9.09%), Sodium: 88335.43mg (3840.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin K: 31.38µg (29.88%), Manganese: 0.25mg (12.48%), Vitamin C: 8.21mg (9.95%), Selenium: 5.88µg (8.4%), Calcium: 67.45mg (6.74%), Vitamin E: 1mg (6.65%), Vitamin B2: 0.1mg (6.16%), Iron: 1.01mg (5.61%), Copper: 0.09mg (4.4%), Zinc: 0.36mg (2.39%), Vitamin A: 110.21IU (2.2%), Potassium: 75.8mg (2.17%), Phosphorus: 20.43mg (2.04%), Folate: 7.28µg (1.82%), Magnesium: 7.01mg (1.75%), Vitamin B5: 0.17mg (1.73%), Fiber: 0.43g (1.73%), Vitamin B6: 0.03mg (1.52%),

Vitamin B12: 0.08µg (1.31%)