



Salt-baked Striped Bass with Herb Lemon Chile Sauce (Branzino Sotto Sale con Salmoriglio)



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large egg whites
- ☐ 1.5 tablespoons flat-leaf parsley finely chopped
- ☐ 6 sprigs flat-leaf parsley
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 large garlic clove minced
- ☐ 4 medium garlic cloves peeled sliced

- ☐ 2 teaspoons diamond crystal kosher salt
- ☐ 6 pounds diamond crystal kosher salt (see Notes)
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1.5 tablespoons oregano fresh finely chopped
- ☐ 6 sprigs oregano fresh
- ☐ 2 small chiles fresh red such as peperoncini or thai, minced or sliced hot
- ☐ 2 bass fillets fresh whole cleaned trimmed trimmed to 1 in. (each 3 lbs.; see Notes)

Equipment

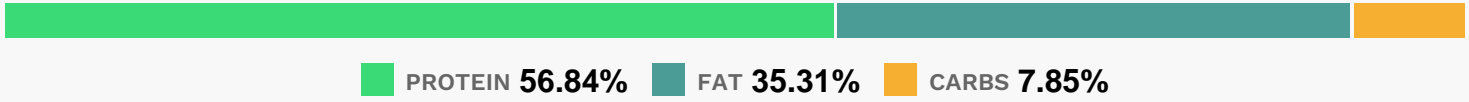
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ meat tenderizer
- ☐ pastry brush

Directions

- ☐ Preheat oven to 42
- ☐ Move rack to middle of oven. Stuff cavity of each fish with herb sprigs and slices of lemon and garlic, dividing evenly. Coat fish with olive oil.
- ☐ In a very large bowl, combine salt with egg whites and 2 cups water.
- ☐ Mix with your hands, then add in another 2 cups water, mixing, until the salt feels like moist sand (you may need a little more water).
- ☐ Line a large rimmed baking sheet with 1/2 in. of the salt mixture. Arrange the two fish nose to tail on the salt, leaving at least 1 1/2 in. space between them. Cover each with an even 1/2-in. layer of salt mixture, patting to adhere (no part of fish should remain exposed) and leaving a crevice between the fish so they cook evenly.

- ☐ Bake 30 minutes, or until salt crust is very pale gold and hard to the touch, like ceramic.
- ☐ Whisk all ingredients in a bowl. Set aside for at least 30 minutes to allow the flavors to marry (but not more than 2 hours ahead or the herbs will lose their fresh taste).
- ☐ Working with one fish at a time, tap hard salt crust with a small hammer or meat mallet to crack it. Lift off chunks of crust and brush any remaining salt off fish (a pastry brush is useful here).
- ☐ With a large fork, carefully peel back skin, starting at spine and working toward belly. Lift off chunks of meat with fork and transfer to a platter. Lift out skeleton with the head attached and discard. With fork, transfer the rest of the meat to the platter.
- ☐ Repeat dismantling of salt crust and filleting with remaining fish, adding meat to the platter.
- ☐ Serve with dressing spooned over top and more served on the side.

Nutrition Facts



Properties

Glycemic Index:31.19, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:27.136956588082%

Flavonoids

Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 316.74kcal (15.84%), Fat: 12.24g (18.83%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.68g (1.87%), Cholesterol: 180mg (60%), Sodium: 132647.3mg (5767.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.33g (88.65%), Vitamin B12: 8.62µg (143.75%), Selenium: 89.57µg (127.96%), Phosphorus: 466.81mg (46.68%), Vitamin K: 45.38µg (43.22%), Vitamin B6: 0.8mg (40.2%), Vitamin C: 33.06mg (40.07%), Manganese: 0.57mg (28.71%), Magnesium: 110.63mg (27.66%), Vitamin B3: 5.09mg (25.43%), Iron: 4.44mg (24.68%), Potassium: 778.86mg (22.25%), Vitamin B5: 1.86mg (18.61%), Calcium: 171.56mg (17.16%), Vitamin B1: 0.25mg (16.88%), Vitamin B2: 0.25mg (14.53%), Copper: 0.23mg (11.46%), Vitamin A: 517.11IU (10.34%), Vitamin E: 1.54mg (10.27%), Zinc: 1.41mg (9.42%), Folate: 37.14µg (9.29%), Fiber: 1.82g (7.29%)