



The 5 Ingredient Collection

# SALT-CRUSTED SEA BASS

#myshangrila

Recipe by Executive Chef Nikolaos Tsimidakis, Dunes Cafe,  
Shangri-La Hotel, Dubai

## INGREDIENTS

Serves 4

1 Organic sea bass cleaned but not scaled	600g
Garlic cloves	3
Sprigs of thyme	6
Sprigs of rosemary	2
Extra-virgin olive oil	2 tbsp

## RECIPE

- 1 Rinse the fish under cold water, then pat dry.
- 2 Slice the lemons and garlic, then insert in the abdominal cavities of the fish along with the herbs.
- 3 Brush the fish with oil.
- 4 Mix the salt, egg white and water.
- 5 Line a baking tray with a baking paper sheet and place 1/3 of the salt mixture in the center using it as a base.
- 6 Lay the fish on top then cover with the remaining mixture. The fish should be completely covered.
- 7 Bake for 30 minutes in a preheated 200 °C oven. Remove and leave the fish to rest for 10 minutes.
- 8 Spread some salt crust with the back of a knife. Then remove the loose grains of salt with a brush.
- 9 Fillet the fish and remove the skin before serving.