

FRATUSCHI

— LUXURY TRAVELS —



LUBINA AL SAL by Michael Reljic (Mallorca) **Sea bass in a salt crust from the grill or in the oven**

Due to the preparation in the salt jacket, the fish cook gently and remain juicy and tender. The herbs give it a very special flavour. This recipe is only suitable for whole fish, not for fillets.

Ingredients (for 4 persons):

- 1 sea bass (wild caught) approx. 2,2-2,6 KG- gutted but not scaled
- Approx. 7 kg coarse sea salt
- 2-3 Egg white
- 2 organic lemons, roughly diced
- 2 sprigs rosemary, the needles roughly chopped
- 4 sprigs thyme, coarsely chopped
- 2-3 branches/leaves of herbs of your choice for the filling
- 1 chili sliced
- 1 tuber of ginger, chopped or grated

Mix the egg whites and the chopped herbs as well as the ginger and chilli with the salt.

Wash the fish, dab dry and fill with lemon and herbs. Besides rosemary and thyme, parsley and bay leaves are also suitable for the filling.

Preparation in the oven:

Preheat the oven (top and bottom heat) to 200-225 degrees.

Line a baking tray with aluminium foil and lay baking paper on it again, then lay the salt mixture on it and bed the fish. Cover the fish with the remaining mixture.

The baking time is about 40 minutes plus 10 minutes rest time, depending on the appliance.

Then comes the big moment everyone has been waiting for:

Carefully break open the salt cover first at the sides and then remove it.

Enjoy the fish with its wonderful flavours!

Preparation on the grill (in the roof tile):

- 2 large terracotta roof tiles (you are also called monk and nun)
- Thin wire without insulation

First heat up the grill, so that we have nice embers & fire afterwards.

Line the roof tile with the salt mixture, then place the fish filled with the lemon and herbs on top and spread the remaining mixture nicely evenly on top, then cover with monk or nun

And tie it with the wire so that we can turn the fish over, and we need stability.

Spread the embers a little bit. Put the fish in the tiles on the embers or fire for about 40 minutes. Also cover the top with some embers. We don't want to turn the fish too often, because the tiles might break. It is possible that some lemon juice leaks out and may be responsible for the tiles getting cracked.

Therefore, a little tip: You can also use more egg white, so the mass holds together better, even if the bricks break.

After the 40 minutes, take the bricks out of the fire and let them rest for another 10 minutes.

Then remove the salt cover as described above and enjoy the fish with its wonderful aromas!