



PESCE AL SALE

Whole fish encrusted in rock salt and finished with fruttato extra virgin olive oil
(serves four)

Ingredients:

- 1 Whole Fish 2-3 pounds (seabass, red snapper or other similar fish)
- 2 Sprigs of Fresh Rosemary
- 3 Pounds of Rock Salt
- 1 Whole Lemon

Fruttato Extra Virgin Olive Oil to taste

To Prepare:

Gut whole fish, cleaning thoroughly. Rinse and pat dry with clean cloth. Place fresh rosemary inside the fish.

Place some of the salt on the bottom of a deep baking dish. Gently lay prepared fish on the bed of salt. Cover fish entirely with the remaining salt.

Bake fish in 375° oven for 35-40 minutes (approximately 15 minutes per pound). Test doneness by gently pulling out the first bone from the back of the fish. If the bone slides out easily and is warm to the touch, the fish is done.

To Serve:

Carefully crack the salt crust without damaging fish. Remove the salt crust to expose the entire top of the fish. Peel back skin with the edge of a large spoon. The skin should peel back easily.

Separate the two fillets from the bones. Place fillets on a warm plate or tray. Squeeze lemon juice over the fillets and sprinkle with fruttato olive oil.

*From the private collection of
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