

SALT BAKED STRIPED BASS (SALMON VARIATION)

Prepared by: Kimi Nelson, November 2018

Source: Seven Fires

15 pounds kosher salt (5 – 3 lbs. boxes)

8-10 lbs. Salmon (whole fish – can be de-headed to fit pan)

Optional: 3 lemons, sliced – fresh dill weed put in fish cavity before baking

Heat oven to 500 degrees with the rack in the bottom third of the oven. Empty the salt into the sink or container. Pour 2 cups of water over the salt, and using your hands, toss to combine. Add more water as needed until the mixture has the consistency of damp snow.

Cover the bottom of a roasting pan or large baking sheet with some of the salt and tamp down so that you have about an inch of compacted salt. Lay the fish on the salt. Using the remaining salt mixture, cover the fish as if you were burying someone in sand at the beach, and tamp the salt down firmly.

Stick a meat thermometer (not instant read) through the salt and into the thickest part of the fish. Very carefully place the pan in the oven, and bake until the thermometer reaches 140 degrees, about 55 minutes. When the fish is done, remove the pan from the oven and let rest 20 minutes.

Crack the salt crust with a rolling pin or mallet, lift off the pieces and discard them. Brush the remaining salt from the fish. Gently lift off and discard the skin, then use two large spoons or spatulas to lift the top filet from the backbone and transfer to individual plates. Remove the backbone, and transfer the bottom filet to plates, leaving the skin behind.

Kimi's Notes: Seven Fires had two recipes for salt crusted fish, one for sea bass in the oven and one for Salmon in an infiernillo (outdoor fire oven). They were identical except cooking method. I used salmon but the oven method from the sea bass recipe. I also stuffed the fish with lemon & fresh dill. This turned out excellent and I would make it again.

