



## Salt Crusted Striped Bass

Gaggenau Appliances: EB/BO/BX/BOP Ovens

Heating Mode(s): Convection

Temperatures: 425 °F

Required Accessories: Baking Tray + food processor with bowl + medium bowl + large skillet

Preparation Time: 30 minutes

Cooking Time: 30 minutes + 10 minutes standing time

Makes: 2 servings

### For the coating:

3  $\frac{3}{4}$  cups (875 ml) all-purpose flour

1  $\frac{1}{2}$  cups (375 ml) Kosher salt

3 egg whites

1 cup (250 ml) clam juice

### For the stuffing and striped bass:

2 tbsp (30 ml) olive oil

2 ribs celery, thinly sliced

2 shallots, thinly sliced

2 whole cloves garlic, minced

One 6 oz (170 ml) jar artichoke hearts, drained, patted dry and coarsely chopped

$\frac{1}{2}$  cup (125 ml) pitted green olives, chopped

$\frac{1}{4}$  tsp (1 ml) sea salt

$\frac{1}{2}$  tsp (2 ml) freshly ground black pepper

1 whole striped bass, approximately 2lb (1 kg) or two 1lb (500 g) each, scaled and cleaned

1 lemon, thinly sliced

**To prepare the salt crust:** Sift flour and salt into the bowl of a food processor fitted with a metal blade and pulse to blend. Whisk the egg whites and clam juice in a medium bowl. With the motor running, add the egg and clam juice mixture through the feed tube. Change to pulse mode and pulse just until the dough holds together and sticks to the blade. The dough should be firm and moist, not sticky. If the dough is dry, add another tablespoon of clam juice. If it is too moist, add an additional tablespoon of flour. Turn the dough onto a lightly floured surface, knead it briefly then shape it into a rectangle. Cover loosely with plastic wrap and allow to rest at room temperature for at least 30 minutes. Dough can also be refrigerated overnight but should be brought to room temperature before use.

**To prepare the stuffing:** Heat olive oil in a large skillet set over medium-high heat. Add celery, shallots and garlic and sauté for 5 minutes or until softened. Set aside to cool then season with salt and pepper.

**To stuff, coat and roast the sea bass:** Using the left control knob, set the oven to **Convection** mode. Using right control knob, set the oven to preheat to 425 °F. Open up the sea bass and pat the inside dry with a paper towel. Arrange the lemon slices along the inside of the fish and spread the stuffing evenly over the lemon. Close the fish and set aside.

Place the dough on a lightly floured surface and roll into a 12" x 18" rectangle then transfer it to the ungreased Baking Tray. Place the fish in the center of the dough; fold one long side over the fish and brush the top of the dough with water. Fold the other side over to enclose the fish, press the dough together to seal. Lightly moisten the ends of the dough, fold up and press to completely seal the package.

Place the Baking Tray onto the middle rack position, with the angled edge facing forward, and bake the fish for 25 to 30 minutes or until the crust is golden. Remove from the oven and let the fish rest in the crust on the baking sheet for 15 minutes. With a pair of kitchen shears, cut open the salt crust to reveal the fish, some skin may come off when you open the crust. Using a fork, carefully remove any skin left on top of the fish and discard. Using a large spoon, carefully scoop the cooked fish off the top half of the backbone and place on a serving platter. Starting at the tail, gently lift the backbone off the fish in one piece and discard. Scoop out the stuffing and place on the serving platter. Scoop out the remainder of the fish and arrange on the platter with the stuffing.

**Tip:** For a gluten-free option, whip 2 egg whites to soft peaks and combine with the sea salt to make a paste. Rub the paste over the fish and bake for the same amount of time.