

Salt-crusted sea bream



Encasing this delicate white fish in a crust of Anglesey Sea Salt / Halen Môn results in a tender, moist dish. Serve simply with a squeeze of lemon and buttered Pembrokeshire Early Potatoes.

Serves 2 | Prep 5 minutes | Cook 30 minutes




Ingredients

1 large sea bream (around 800g), gutted and scaled
1kg Anglesey Sea Salt / Halen Môn (PDO)^A
Pembrokeshire Early Potatoes (PGI)^{*}, cooked

Method

- 01 Pre-heat the oven to 200°C / 180°C fan / Gas 6.
- 02 Cover the base of a baking tray with a layer of sea salt.
- 03 Lay the fish on top and cover with the remaining salt. Sprinkle with water.
- 04 Bake for 30 minutes.
- 05 Gently crack the salt crust to expose the cooked fish. The skin will come away with the salt.
- 06 Divide the fish between two plates and serve with a wedge of lemon and buttered new potatoes.

gov.wales/foodanddrinkwales

 FoodDrinkWales
 @FoodDrinkWales
 Food_Drink_Wales

