



Loup de mer in a green tea and lime crust



Preparation

Wash the fish and pat until dry, cut out the gills. Stuff the belly with the herb stems and slices of lime. Mix the salt with the egg whites, lime zest, green tea and chopped herbs. Line a baking tray with baking paper. On the baking paper, form a base from the salt mixture in the shape of the fish and place the fish on it. Completely cover with the remaining salt. Place in a preheated oven and bake with hot air at 200 °C for 15 minutes. The temperature inside the fish should be approximately 57 °C. Take the fish out of the oven and leave to stand for 5-10 minutes. Break open the salt crust and fillet the fish.

Anrichten

Cooking level

With Preheat

15 minutes | hot air setting at 200 °C

Rezept für 4

Ingredients

- 1 Loup de Mer, approx. 900g
- Green tea salt
- 1 ½kg coarse sea salt
- 4 egg whites, beaten until stiff
- 4 tbsp sencha green tea
- 1 bunch of basil, washed, plucked and coarsely chopped
- 1 bunch of coriander, washed, plucked and coarsely chopped
- 1 bunch of mint, washed, plucked and coarsely chopped
- 1 lime, grated zest and slices

The stems of the herbs are used separately.