

## SaltGuru Video Transcript

Episode: 2 – Salt Roasting

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▶ Hi, my name is Mort Satin and I am the Salt Guru. I am also the Technical Director of the [Salt Institute](#) in Alexandria Virginia.

You have all heard of the benefits of the [Mediterranean Diet](#), well that will be the subject of a future episode of the SaltGuru. Today we will concentrate on one of the staples in the Mediterranean diet – fish. In particular we will focus on how to make one of my favorite fish dishes – [salt roasted](#) sea bass. I lived in Italy for almost 20 years and this was one of the most popular ways of preparing fish.

The idea is to seal the fish in a miniature salt sarcophagus where it can cook without losing any of the aroma, flavor and juiciness.

### What kind of fish?

Salt-roasting works best with medium-sized to large fish (2-8 pounds), and will also work with center-cut portions of yet larger fish. Though it will work with any kind of fish, since the salt seals the juices in I prefer the technique with white fleshed, non-oily fish, along the lines of sea bass, red snapper, grouper, or porgy.

So, what do you need?

- A suitable medium sized fish, preferably the non-oily white fleshed fish, such as sea bass, red snapper, grouper, or porgy
- The herbs you prefer for the cavity of the fish. I like this mix of natural herbs from Corsica, but you can use anything such as rosemary, thyme, bay leaf, and lemon.
- 5 pounds (2 1/2 k) coarse [Kosher salt](#) (you probably won't use it all)
- An egg white
- 3 lbs of Kosher salt
- A pan large enough for the fish to lie flat in a single layer

Start by preheating the oven to 450 degrees F. I start with this high temperature because I like to seal the salt crust quickly.

Then, place your herbs and lemon slices in the fish cavity. Then make the salt mixture by first mixing the egg white with ¼ cup of water and then blending this solution with the salt. You can also add some herbs such as rosemary here to infuse a mild aroma during roasting. If the salt mixture is too crumbly add a touch more water, but not too much – you don't want to dissolve the salt.

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Place about a 1/3 of the salt in the roasting pan and then place the fish on top. Then completely cover the fish with the remaining salt mixture. The fish has to be completely covered or else the moisture, aromas and flavors will escape.

Place the pan in the oven and immediately turn it down to 400 degrees F. and bake for 25 – 35 minutes depending on size. I would give it 8 minutes per pound for sea bass.

When the fish is done, take it out and free it from the salt mixture. Be careful to brush off all the salt before preparing to serve.

Until next time, this is the Salt Guru. Bye for now. ◀

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