



SALT-BAKED TROUT WITH CITRUS AND HERBS

Serves 2-4 (depending how hungry you are)

INGREDIENTS:

- 1 (1-1.5 pounds) fresh trout, head + tail, guts cleaned
- 1 box 16 oz. coarse kosher salt
- 1 1/2 cup water
- 1 orange, sliced
- 2 lemons, sliced
- 4-5 sprigs rosemary
- 4-5 sprigs thyme
- 4-5 fresh parsley



PHOTOGRAPHY BY ELIESA JOHNSON
STYLING BY IGLIKA PETROVA

DIRECTIONS:

1. Place the rack in the center the oven and preheat to 400 F.
2. Mix the salt and water in a large bowl (it should have the consistency of a wet sand). Spread about 1/3 of the mixture on a baking tray, roughly in the same shape and size as the fish.
3. Spread 1/3 of the lemon and orange slices + half of the herbs on top of the salt layer. Place fish on top of the bed of citrus and herbs and fill the cavity of the fish with the rest of the herbs and half of the remaining citrus. Top the fish with the last citrus slices and pile the rest of the salt by leaving the tail and head picking out. Press salt firmly with hands to create solid crust.
4. Bake fish for 40-50 minutes until the salt crust dry, firm and lightly brown at edges.
5. Let fish cool for 20 minutes, then using a spatula or knife break the salt crust and remove the fish filets.

Serve with salad or a side you love. Don't forget a glass of white wine!

Note: Try removing the salt crust in one piece. It will be easy to remove the fish this way. If the fish is stuck and hard to remove in one piece, filet it in the pan. See this post on how to filet a whole fish.