



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

SALT BAKED TILAPIA



This simple technique can be traced to the Andalusians in the 13th century. If not using fine sea salt, you may need extra egg whites to achieve a wet-sand textured crust.



00 HR 50 MINS



Serves 2 - 3



Featuring

[Dragon Baby Seafood](#)

INGREDIENTS

- 1 whole tilapia, approximately
- 1.5-2 pounds
- 1 sliced lemon or a mix of lemon and other citrus fruits
- 5 sprigs of parsley
- 2 pounds sea salt
- 1 egg white

METHOD

Preheat your oven to 450°F. Rinse out fish cavity and face, and blot the fish dry on paper towels. Mix the sea salt and egg white so that the salt is the consistency of wet sand. Sparingly stuff the cavity with parsley and citrus slices. Overstuffed fish will result in significantly longer cooking time.

Spread 1/3 of the salt mixture on the bottom of your baking sheet. Place the stuffed fish on top, and spoon the salt mixture over the fish, patting and shaping the salt as you go, until the entire fish is ensconced. Bake for 20 Minutes, and rest outside the oven for 10 Minutes.

Crack open the crust with a heavy knife, pounding with the side so as to not damage the fish. Remove and discard salt crust. Slice the skin along the top fin, and gently peel away the skin. Filet the fish, garnish with lemon slices and finish with olive oil and salt.