



Sea perch in salt crust

For 4 people

■ 1 sea perch of 1,8lb, emptied by hearing but not scaled, 8 cup of large marine salt.

■ Preheat your oven in 464°.F

■ In a dish put a layer of salt. Add the sea perch over, and cover entirely with salt.

■ Put in the oven for 22 minutes. And let rest 10 minutes.

■ Break the crust in front of your guests

■ *You can add mixed herbs in the fish.*

