

Whole Roast Sea Bass

1 x 1kg (2lb 3oz) whole sea bass, scaled,
cleaned and head removed

1 x 15ml spoon (1 tablespoon) sea salt

2 lemons, 1 sliced and 1 juiced

2 bunches of rosemary

4 x 15ml spoon (4 tablespoons) olive oil

2 cloves garlic, roughly sliced

Serves 6

Preheat the oven to 220°C/ 425°F,

Gas Mark 7

Salt the inside and outside of the fish, then set
aside for 20 minutes. Rinse and pat dry.

Slash the skin of the bass in about three places on each side and insert the lemon slices.

Place the herbs inside the fish, then transfer to a greased baking tray.

Heat the oil in a small pan and very gently cook the garlic for 1-2 minutes, but do not allow to
brown. Pour the oil and garlic on top of the fish.

Bake in the hot oven for 20 minutes. Baste frequently with the oil and cook until the fish
flakes easily and the skin is slightly crisp.

Pour the lemon juice over the bass, garnish with lemon slices and serve with a selection
of vegetables

