

SALT BAKED WHOLE AQUNA COD



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

1 x 1.5kg whole Aquana cod,
gutted and scaled
1 x lemon sliced
1x orange sliced
fennel fronds

SALT BAKE

6 cups fine sea salt
5 egg whites
125ml water

PREP: 45 minutes

COOK: 45 minutes

SERVES: 2 people

DIFFICULTY: medium

METHOD

FISH

Fill the fish belly cavity with sliced lemon, orange and fennel fronds.

SALT BAKE

1. Preheat oven to 180°C.
2. In a large bowl combine salt, egg whites and water. Mix well until the consistency of wet sand (you may need to add more water).
3. In a large baking dish place a thin layer of the salt along the bottom of the tray.
4. Place the fish on the bed of salt and cover the fish entirely with the wet salt.
5. Bake in the oven for 30 – 35 minutes or until the internal temperature is 60°C.

TO SERVE

1. With a knife or large wooden spoon, crack the set layer of salt.
2. Peel back the covering salt layer and discard.
3. Remove the flesh from the top side of the fish.
4. With a spatula, flip the fish over and continue to remove the rest of the flesh.



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RECIPE #9



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