Yellowtail Snapper in a Salt Dome

Recipe courtesy of Alton Brown

INGREDIENTS

- 1 1½ to 2 pounds whole US yellowtail snapper (cleaned & trimmed)
- small fennel bulb sliced with partial stems
- 6 fresh parsley sprigs
- 1 small orange thinly sliced
- 3 pounds kosher salt
- 2 egg whites
- 1/4 cup water



SUPPORTING SUSTAINABLE SEAFOOD Find more recipes at tnaqua.org

Yield: 4 servings
Prep Time: 15 minutes
Cook Time: 15 minutes

Inactive Cook Time: 10 minutes

DIRECTIONS

- 1. Heat the oven to 450 degrees F. Cover a half sheet pan with parchment paper.
- 2. Place the fennel, parsley and orange inside the cavity of the fish.
- 3. Combine the kosher salt, egg whites, and water in a large mixing bowl and work it with your hands until it reaches the consistency of wet sand. Set down a 1/2-inch thick bed of the salt mixture on the half sheet pan. This bed needs to be large enough so that when the fish is laid upon it, there's an extra inch of salt all the way around.
- 4. Place the fish on the bed of salt and pile on the remaining salt mixture, smoothing and mounding it to form a sealed dome approximately 1/2- inch thick all around. You may not use all of the mixture.
- 5. Cook for 15 minutes, or until the internal temperature reads 130 degrees F on an instant-read thermometer stuck through the salt into the thickest part of the fish.
- 6. Remove from the oven and rest for 10 minutes.
- 7. Either transfer to a platter or bring the pan to the table.
- 8. Tap the top of the dome several times with a small hammer, lifting off any slabs you can get hold of. Once the fish is fully revealed, use a basting brush to remove any remaining salt. Carefully remove the dorsal or back fin, which should easily pull free.
- 9. Use a fish knife or serrated pie server to make an incision all the way down the back of the fish and around the gill plate. Lift the skin off, working from the head to the tail.
- 10. Remove the fillet, in pieces if necessary, from the top side of the fish.
- 11. Once the top fillet is gone, get a grip on the tail and gently pull up and forward. The skeleton should come away in one piece, revealing the fillet below. Serve the bottom fillet, leaving the skin behind.