

Salt-Baked Fish Stuffed with Herbs and Lemon

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-stuffed-fish-recipe>

Ingredients:

- 2 whole fish small, about 3/4 pounds each, or one whole fish, about 1 1/2 pounds, see note
- 10 sprigs thyme you can also use rosemary, fennel fronds, tarragon, or chervil
- 3 slices of lemon thin, halved
- olive oil A drizzle of
- 3 cups sea salt or kosher salt, preferably a mix of 2 cups coarse and 1 cup fine
- 1 egg white
- water