

Whole Baked Fish in the Oven

With meat and fish sommelier Oliver Schendzielorz

Ingredients

Whole fresh fish (ca. 1 per person)
1 Organic Lemon per Fish
Salt
Pepper (or any other herbs and spices you like)
Sharp Knife
digital roasting thermometer



video

Preparation

1. Heat Fan oven to 150°C. If you have not enough time then use 180°C, but 150°C is better for moist fish. You should never cook fish in an oven that is hotter than 180°C. The hot oven dries the fish out.
2. Wash the fish and dry with a tea towel. Kitchen roll is not ideal as it sticks to the fish.
3. Halve the lemon, so that it can stand on its own on the baking tray. Sit the gutted fish on the half lemon. If the fish is larger than a trout, for example, cut off only ¼ of the lemon (the lemon will be larger).
4. If you have one, it would be good to use a digital roasting thermometer. Put it into the fattest part of the fish and set the thermometer to 67°C.
5. Put the fish in the oven until cooked. Depending on size 15-25 mins.

Tip:

Instead of filleting the fish, you can also peel off the skin and remove the meat in pieces from the carcass (see video).

You can tell the difference between oily fish and white fish as oily fish have an extra adipose fin. White fish do not have these.

You only need to remove the fish scales if you want to eat the fish skin.