

Baked Whole Sea Bass with Herbs and Onion

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You might think of cooking a whole sea bass as a bit of a scary proposition, but actually, it's pretty easy. This lovely recipe, combining sea bass, red onion and fresh herbs is a great way to feed a crowd and it's a wonderful dinner party meal.

Ingredients:

1 x 2kg sea bass, cleaned and gutted
1 red onion
3 garlic cloves
1 small handful freshly chopped parsley
1 tbsp. dried oregano
225ml white wine
2-3 tbsp. olive oil
Salt and pepper

Directions:

1. Thinly slice the red onion and the garlic cloves.
2. Combine the onion, garlic parsley, dried oregano and salt and pepper together. Stuff half into the cavity of the fish and press the rest onto the top of the fish. Put into a baking dish and drizzle with oil.
3. Pour the wine into the dish. Bake in a 180C oven for 30 minutes, or until flaking easily in the centre.

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