

Whole Roasted Fish with Oregano, Parsley, and Lemon

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Recipe source: Daniel Gritzer at [Serious Eats](#)



INGREDIENTS:

- Water
- Kosher salt
- 2 (2-pound) whole white-fleshed fish, such as sea bass, yellow snapper, branzino, or porgy, scaled and gutted
- Lemon slices, peeled garlic cloves, peeled ginger slices, fresh oregano sprigs, fresh parsley sprigs, for stuffing
- Extra-virgin olive oil, for rubbing and drizzling

DIRECTIONS:

- Fill a large bowl about halfway with room-temperature water and add enough salt to taste, stirring to dissolve the salt. Add fish and let soak for 10 minutes. Drain fish and pat dry inside and out with paper towels.
- Preheat oven to 350°F and position rack in center of oven. Line a rimmed baking sheet with parchment paper.
- Season fish inside and out with salt and pepper. Stuff belly cavities with lemon slices, garlic cloves, ginger, and herb sprigs.
- Roast fish until an instant-read thermometer inserted into the thickest part registers 135°F, about 20-25 minutes depending on dimensions of fish; alternatively, roast until fins come right off when pulled and flesh can be felt to flake under the skin when you press on it. Let rest 5 minutes.
- Gently remove fillets from bone cage, drizzle with olive oil, and serve.