

Branzino - Whole

1 Whole branzino, appx 2 lbs
1 Lemon, sliced
2 Cloves garlic, sliced
1 Small bunch fresh thyme (or herbs of your choice)
Salt & pepper to taste
Olive oil



Preheat oven to 425 degrees. Place baking sheet in oven while preheating.

Begin prepping fish by cleaning/dressing:

Using kitchen shears, remove gills from both sides of fish, rinse.

Using a sharp knife, make an incision along the inside of the spine (in the belly) to expose bloodline.

With a wet towel, run water inside the fish and wipe out any excess blood from the gills and bloodline.

Once most blood is rinsed off, pat the fish dry and continue with prep.

Score the fish on both sides.

Place fish on parchment paper large enough to cover baking sheet.

Lightly dress fish with olive oil, season with salt and pepper, inside and out.

Stuff belly with sliced lemons, sliced garlic, and fresh thyme.

Remove hot pan from oven and place parchment paper with fish on it. Place in oven for 25-30 minutes until the flesh of the fish is flaky.

For crispier skin, turn on broiler and place fish on top shelf of oven. Broil skin until golden brown, about 5-6 minutes.