



**After a day's fishing, enjoy your evening meal, this delicious recipe is for whole roasted sea bass (Six servings) - from the Algarve in southern Portugal**



**Ingredients:** 1 x 1kg (2lb 3oz) whole sea bass, fresh or defrosted, scaled, cleaned and head removed.

1 x 15ml spoon (1 tablespoon) sea salt

2 lemons, 1 sliced and 1 juiced

2 bunches of rosemary

4 x 15ml (4 tablespoons) olive oil

2 cloves garlic, roughly sliced

Azul Portugal (2007) is a white wine from Vinho Verde region. It's a perfect compliment to any sea food dish.

**Method:** Preheat the oven to 220 degrees C/ 425 degrees F/ Gas Mark 7. Salt the inside and outside of the fish, then set aside for 20 minutes. Rinse and pat dry. Slash the skin of the bass in about three places on each side and insert the lemon slices. Place the herbs inside the fish, and then transfer to a greased baking tray. Heat the oil in a small pan and very gently cook the garlic for 1-2 minutes, but do not allow to brown.

Pour the oil and garlic on top of the fish. Bake in the hot oven for 20 minutes. Baste frequently with the oil and cook until the fish flakes easily and the skin is slightly crisp. Pour the lemon juice over the bass and serve immediately.

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Sea bass are a popular catch in Portugal. Further information, on where and how to catch a sea bass is found in "The Essential Guide to Fishing in Portugal" available from: [www.spainfishing.com](http://www.spainfishing.com)