

Fish pie

Cuisine: **English**
Food category: **Fish**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 105 °C

1	Steaming		Termination by time	00:03 hh:mm	95 °C	50 %	
2	Hot air	100 %	Termination by time	00:10 hh:mm	180 °C	100 %	

Ingredients - number of portions - 4		
Name	Value	Unit
cod	400	g
cabbage leaves, cleaned	2	pcs
fresh baby spinach	250	g
cheddar cheese	150	g
filo pastry	4	pcs
olive oil	20	ml
salt	1	g
freshly ground black pepper, ground	1	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	245.2 kJ
Carbohydrate	1 g
Fat	13.9 g
Protein	27.3 g
Water	0 g

Directions

Set the Retigo combi oven a steam mode 95°C for about 4 minutes. After preheating insert the fish using stainless steel full GN container. Chopp the spring onion, add a bit of olive oil and fry it in a vision pan for about 1 minute, add spinach and take the pan away from the heat. Add the crumbled haddock, grated cheese, salt and pepper and finsh with the 4 sheets of filo pastry, add a few drops of olive oil and set the combi oven on a hot air mode 180°C, 10 minutes and insert the vision pan in.

Recommended accessories



Vision Pan



GN container Stainless
steel perforated