

Crispy carp fries with potato salad and horseradish sour cream dip

Cuisine: Czech

Food category: Fish























Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 99 °C

1	<div> Steaming</div>		<div> Termination by time</div>	<div> 00:30</div>	hh:mm	<div> 99</div>	°C	<div> 50</div>	%	<div></div>	
2	remove the potatoes										
	<div> Hot air</div>	<div> 100</div>	%	<div> Termination by time</div>	<div> 00:10</div>	hh:mm	<div> 230</div>	°C	<div> 100</div>	%	<div></div>
3	Insert the carp										
	<div> Hot air</div>	<div> 0</div>	%	<div> Termination by time</div>	<div> 00:06</div>	hh:mm	<div> 230</div>	°C	<div> 100</div>	%	<div></div>

Ingredients - number of portions - 5

Name	Value	Unit
baby potatoes	800	g
shallot	3	pcs
cucumbers sterilized	4	pcs
vegetable oil	150	ml
salt	3	g
ground black pepper, ground	1	g
full-fat mustard	30	g
boneless carp fillets without skin	2	pcs
plain wheat flour	150	g
potato starch	200	g
caraway seed	5	g
red pepper powder	5	g
dried garlic	5	g
dried ginger	5	g
marjoram	5	g
lemon	1	pcs
sour cream 18%	250	g
horseradish	100	g

Nutrition and allergens

Allergens: 1, 10, 4, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Directions

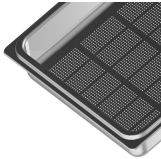
Wash and rinse the new potatoes a place in a perforated GN container and put it in a Retigo combi oven on steam mode 99°C for 30 minutes. After they are cooked, cool them down in a blastchiller. Meanwhile scale the fish skin, cut the flesh of the carp fillet across into the 2/3 of depth leaving about 2mm space between each cut. After portioning the fillets to a smaller pieces and marinate in 1 juice of lemon and 5g of dried garlic for about 30 minutes. Meanwhile peel the shallot and cut in halve and slice it, gherkin cut into ring shape. Slice the cold new potatoes, add mustard, liquid from the gherkins, salt, pepper, shallot, gherkin and 10ml of oil and gently combine all together and leave it to rest for 60 minutes. Now mix the flour and starch with red paprika powder, crushed caraway seed, dried ginger, dried garlic and majoram, add little bit of salt and coat the fish into this. Prepare aluminium GN container with non-stick coating brush with oil and place the fish on it and brush with spray with oil again. Place the GN container into a preheated Retigo combi oven on hot air mode 0%, 230°C for 6 minutes. Meanwhile make the dip out of sour cream, pinch of salt, grated horseradish and lemon zest. Now is everything ready to serve.

Nutritional value of one portion	Value
Energy	484.9 kJ
Carbohydrate	86.7 g
Fat	10.6 g
Protein	9.3 g
Water	0.4 g

Recommended accessories



Vision Bake



GN container Stainless steel perforated