

# Fried carp

Cuisine: **Czech**Food category: **Fish**Author: **Vlastimil Jaša**Company: **Retigo**

## Program steps

1	Hot air	7 %	Termination by time	00:12 hh:mm	210 °C	100 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
gutted carp	3800	g
milk 3.5%	1000	g
salt	22	g
lemon	80	g
thyme	1	g
plain wheat flour	150	g
chicken eggs	3	pcs
milk 3.5%	150	g
breadcrumbs	220	g
rama combi profi	40	g
5 tbsp vegetable oil	80	g

## Directions

Fillet the gutted carp and cut the fillets with a 5 mm knife right up to the skin. Place 200 g portions overnight in salted milk with lemon and fresh thyme.

The next day, take the carp out of the milk, dry it well and coat with flour, egg and breadcrumb.

Spray the Vision Bake frying pan with an oil gun. On the tray prepared in this way, we place the portions of breaded carp fillets, skin side down, and spray them with another layer of fat from the Vision oil gun. After preheating, fry in a convection oven on the above program.

## Nutrition and allergens

Allergens: 1, 3, 4, 7

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

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

Nutritional value of one portion	Value
Energy	1017.2 kJ
Carbohydrate	34.2 g
Fat	64.1 g
Protein	79.8 g
Water	0 g

## Recommended accessories



Vision Oil Spray Gun



Vision Bake