

Blue carp

Cuisine: Czech

Food category: Fish



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Company: Retigo



Program steps

Preheating: 145 °C

1 Steaming

Termination by time

00:15

hh:mm

130 °C

+ 70 %



Ingredients - number of portions - 10

Name	Value	Unit
red wine vinegar	50	ml
vinegar	150	ml
caster sugar	50	g
salt	22	g
bay leaf	1	g
clove	1	g
allspice	1	g
mixed peppercorns	1	g
boneless carp fillets without skin	0	g
carrot	150	g
onion	150	g
garlic	50	g
butter soft	150	g
thyme	1	g
ginger root, peeled and finely chopped	5	g
parsley root	150	g
celeriac	150	g

Directions

Prepare a vinegar broth from the listed ingredients, and pour the boiling broth over portions of boneless carp fillets on root vegetables with onions and garlic in a stainless steel gastro container greased with butter.

Add the rest of the butter to the top and simmer in the convection oven on the specified program.

Nutrition and allergens

Allergens: 4, 7, 9

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

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

Nutritional value of one portion	Value
Energy	168.7 kJ
Carbohydrate	11.7 g
Fat	12.7 g
Protein	1.4 g
Water	0 g

Recommended accessories



Enameled GN container