

Acerbic fish stew

Cuisine: Italian

Food category: Fish



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Company: Retigo



Program steps

Preheating: 95 °C

1 Combination 50 % Termination by time 00:40 hh:mm 80 °C 100 %

Ingredients - number of portions - 8

Name	Value	Unit
rockfish	300	g
scorpion fish	300	g
weeverfish	300	g
smooth-hound (baby shark), cleaned and gutted	300	g
red mullet, scaled and gutted	300	g
monkfish	300	g
mackerel	300	g
ray, cleaned and gutted	300	g
john dory	300	g
shrimps, peeled and cleaned	300	g
mantis shrimp	300	g
calamari	300	g
mussels	300	g
extra virgin olive oil	30	ml
caster sugar	15	g
white wine vinegar	100	ml
red onion	1	pcs
sprig of parsley	10	g
green tomatoes	1	kg
green paprika	1	pcs
garlic cloves, finely chopped	3	pcs
salt	3	g
chili powder	1	g

Directions

- In a large clay pot, soften the onion, add sugar and deglaze with vinegar on high heat
- Sauté the cuttlefish, lower the heat and simmer for 5 minutes
- Add the tomatoes, green pepper, garlic, chili and a pinch of salt. Cover with a lid and simmer for 30 minutes
*garlic cloves, halved, stemmed and finely chopped
- Remove from heat and set the cuttlefish aside
- Set the oven on combi at 80°C
- Layer the rockfish, scorpionfish, weeverfish, baby shark, mullet, monkfish, mackerel, ray and John Dory in the pot
- Next, layer the cuttlefish on top, and the clams on top of the cuttlefish. Cover with a lid
- Bake for 40 minutes or until the clams have opened and the fish cooked through
- Correct seasoning, portion and sprinkle parsley
- Best served with toasted bread
*all fish cleaned and gutted
*mantis shrimp, cleaned and cut in half, lengthwise
*shrimp-cleaned and cut in half, lengthwise

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	574 kJ
Carbohydrate	18.1 g
Fat	18.8 g
Protein	108.8 g
Water	0 g

Recommended accessories



Enameled GN container