

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


1. In a large clay pot, soften the onion, add sugar and deglaze with vinegar on high heat
 2. Sauté the cuttlefish, lower the heat and simmer for 5 minutes
 3. 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
 4. Remove from heat and set the cuttlefish aside
 5. Set the oven on combi at 80°C
 6. Layer the rockfish, scorpionfish, weeverfish, baby shark, mullet, monkfish, mackerel, ray and John Dory in the pot
 7. Next, layer the cuttlefish on top, and the clams on top of the cuttlefish. Cover with a lid
 8. Bake for 40 minutes or until the clams have opened and the fish cooked through
 9. Correct seasoning, portion and sprinkle parsley
 10. 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