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
cuttlefish	300	g
clams	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
cloves garlic, 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, lenghtwise
*shrimp-cleaned and cut in half, lenghtwise

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	525.6 kJ
Carbohydrate	11 g
Fat	16.9 g
Protein	112.2 g
Water	0 g

Recommended accessories

Enameled GN container