

Ackee and saltfish

Cuisine: **Other**
Food category: **Fish**




Author: **Jaroslav Mikoška**
Company: **Retigo**





Program steps


Preheating: 60 °C


1


 Steaming

 Termination by time

 01:00 hh:mm

 57 °C

 50 %



Ingredients - number of portions - 8

Name	Value	Unit
cod	500	g
fresh ackee	24	pcs
onion	1	pcs
butter soft	50	g
chili pepper	1	pcs
fresh peppers	2	pcs
tomato	2	pcs
a sprig of thyme	1	pcs
garlic cloves, finely chopped	2	pcs
bacon diced	8	pcs

Directions

- *salt-cod, soaked 8 hours, refreshing the water 3-4 times
1. Set the oven on steam at 57°C.
 2. Vacuum pack the salt-cod and cook for 60 minutes.
 3. Once the fish has cooked, bone it and flake its flesh.
 4. In a saucepan, sauté the onion, bacon and sweet pepper – also adding the garlic, habanero chili and thyme as you along.
- *garlic cloves, halved, stemmed and finely chopped
5. Add the cored and diced tomatoes and fish, lower the temperature and simmer for 10 minutes.
 6. Add the ackee, stirring gently to avoid breaking it. Cook until the fruit warms through and serve.

Nutrition and allergens

Allergens: 7 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	93.6 kJ
Carbohydrate	0 g
Fat	5.7 g
Protein	10 g
Water	0 g

Recommended accessories



Stainless wire shelving