

Pumpkin risotto with fillets of seabream

Cuisine: Italian
Food category: Fish



Author: Jaroslav Mikoška
Company: Retigo



Program steps

1	Hot air	100 %	Termination by time	00:20 hh:mm	180 °C	100 %	
2	take out the pumpkin and put pumpkin seeds in						
	Hot air	100 %	Termination by time	00:03 hh:mm	180 °C	60 %	
3	take the seeds out						
	Hot air	100 %	Termination by time	00:10 hh:mm	260 °C	100 %	
4	put the fish fillets on the griddle skin side down and leave it for 3 minutes without having the combi on						
	Hot air	100 %	Termination by time	00:01 mm:ss	200 °C	100 %	

Ingredients - number of portions - 8

Name	Value	Unit
pumpkin	1	pcs
pumpkin seeds	30	g
olive oil	50	ml
shallot	300	g
dry white wine	500	ml
vegetable broth	1	l
butter soft	150	g
thyme	1	pcs
round grain rice	500	g
sea bream fillets	8	pcs
salt	1	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, B6, C, D, E, K

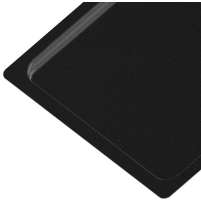
Directions

Slice the pumpkin, season, oil and place on a GN container and insert into a preheating combi oven. When done place pumpkin seeds in. Mash the pumpkin to a puree. Some of the pumpkin cut into a small cubes and set aside as a garnish. Make the risotto on the stove as usual adding the pumpkin puree into it at the end.

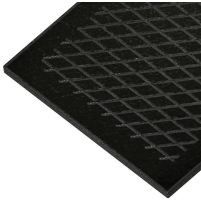
Leave the griddle to preheat and place the fillets on with a little bit fo olive oil. The combi oven will stay off with the door shut for 3 minutes, Take the fish out and place it on a ready risotto, garnish with chopped fresh parsely leaves, diced pumpkin and pumkking

Nutritional value of one portion	Value
Energy	398.5 kJ
Carbohydrate	51.7 g
Fat	18.1 g
Protein	6.4 g
Water	0 g

Recommended accessories



Vision Bake



Vision Grill