

Homemade braised fish

Cuisine: **Chinese**
Food category: **Fish**











Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 215 °C

1	 Combination	 40 %	 Termination by core probe temperature	 70 °C	 200 °C	 100 %	
2	 Combination	 50 %	 Termination by time	 30:00 mm:ss	 140 °C	 90 %	

Ingredients - number of portions - 1		
Name	Value	Unit
sea bass fish	1	pcs

seasoning recipe		
Name	Value	Unit
soy dipping sauce	20	ml
soy dipping sauce	10	ml
rice wine	20	ml
mirin	10	ml
RO water	700	ml
ground white pepper	5	g
mixed peppers	5	g
shallot	5	g
ginger root, peeled and finely chopped	5	g

Nutrition and allergens	
Allergens: Minerals: Ca, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	27.6 kJ
Carbohydrate	4.9 g
Fat	0.5 g
Protein	0.9 g
Water	0 g

Directions

- The first stage
- ◇ Cut the back of the whole fish and cut it with a knife to shorten the cooking time and better absorb the flavor of the soup
 - ◇ Adsorb the surface moisture, add cooking oil, cornstarch and basic seasoning, the surface is thinly powdered to create a crispy powder shell
 - ◇ Central temperature mode, automatic detection of the production quantity equipment, the most accurate part of the thick meat at the back end of the fish head when the probe is inserted
- second stage
- ◇Put the whole fish into the roasting pot, cover the fish body to the surface with braised broth, and spread the onion, ginger and chili shredded seasoning, etc.
 - ◇ If the wind speed is 100% for direct cooking, it is recommended to cover the baking paper to prevent the corners from being burnt.
 - ◇ If you cook directly without covering the baking paper, you can adjust and reduce the wind speed

Recommended accessories



GN container Stainless
steel full



Enameled GN
container