

Sichuan Spicy Grilled Fish

Cuisine: Chinese

Food category: Fish



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Company: Retigo Asia



Program steps

Preheating: 225 °C

1	Combination	40 %	Termination by core probe temperature	70 °C	210 °C	90 %	
2	Combination	50 %	Termination by time	30:00 mm:ss	140 °C	80 %	

Ingredients - number of portions - 1

Name	Value	Unit
sea bass fish	1	pcs

Name	Value	Unit
ground hot paprika	100	g
shallot	10	g
minced garlic	80	g
dried ginger	20	g
peanuts	40	g
vegetable broth	500	ml

Nutrition and allergens

Allergens:

Minerals: Ca, K, Mn, Na, P, Zn

Vitamins: A, B, C

Nutritional value of one portion	Value
Energy	772.1 kJ
Carbohydrate	72.2 g
Fat	33.1 g
Protein	30.9 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

◇ 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

◇ Vegetables on the bottom, put the whole fish on top, spicy broth covers the fish body to the surface, spread spicy seasoning, etc.

◇ If the wind speed is 100% for direct cooking, it is recommended to cover the baking tray or baking paper to prevent the edges of the vegetables from being burnt black

Recommended accessories



GN container Stainless
steel full