

# grilled whole fish

Cuisine: Chinese

Food category: Fish



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## Program steps

Preheating: 250 °C

1	Hot air	60 %	Termination by core probe temperature	60 °C	210 °C	+ 100 %	
2	Hot air	10 %	Termination by core probe temperature	76 °C	240 °C	+ 90 %	

## Ingredients - number of portions - 1

Name	Value	Unit
sea bass fish	1	pcs

## Directions

- √ The first stage
  - ◇ Cut the back of the whole fish and cut it with a knife to shorten the cooking time
  - ◇ Dry roasting in preheating mode, temperature 250°C, wind speed 90%
- √ The second stage
  - ◇ Central temperature mode, automatic detection of production time equipment
  - ◇ Use a flat baking pan for frying and roasting the whole fish, which is non-stick and heat-conducting quickly
- √ The third stage
  - ◇ The third stage enters high-temperature dry baking, and the temperature increases by 30°C
  - ◇ Continuous high temperature heating, the core temperature reaches above 76 °C
  - ◇ The skin is crispy at high temperature, and the fish is tender and not dry

## Recommended accessories

