

grilled whole fish

Cuisine: **Chinese**

Food category: **Fish**



Author: **Gary CHIU**

Company: **Retigo Asia**



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



Vision Bake