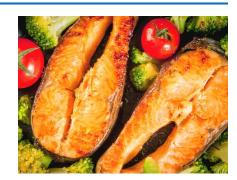
Retigo Combionline | Cookbook | Fish 11. 4. 2023

# Grilled Salmon Steaks

Cuisine: Chinese Food category: Fish





### Program steps

Preheating:

235 °C

Combination

**3**0



10:00

Directions

mm:ss

**₿**\$ 220





# Ingredients - number of portions - 1

Name	Value	Unit
salmon steak	300	g

#### seasoning recipe

Name	Value	Unit
rice wine	20	ml
sesame oil	10	ml
ground white pepper	3	g
sea-salt	3	g
vegetable oil	20	ml
lemon	1	pcs

- \*Salmon steak (round cut)
- Marinate the salmon with salt, white pepper and rice wine evenly on both sides for 10 minutes
- $\diamondsuit$  After absorbing the water, apply sesame oil evenly on both sides, cooking oil increases heat conduction and frying
- ♦ Use a non-stick flat baking pan, which has good heat conduction and fry until golden brown
- ♦ Using the temperature at the center of the probe, no matter frying 1 slice or 10 slices, the device will automatically detect the time
- $\diamondsuit$  It is recommended to add lemon juice, mustard salt and pepper, and grapefruit salt and pepper to increase the flavor

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	626.6 kJ
Carbohydrate	2.3 g
Fat	48.2 g
Protein	60.4 g
Water	0 g

# Recommended accessories

