

Grilled Salmon Steaks

Cuisine: Chinese

Food category: Fish



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Company: Retigo Asia



Program steps

Preheating: 235 °C

1 Combination 30 % Termination by time 10:00 mm:ss 220 °C + 90 %

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
Lemons	1	pcs

Nutrition and allergens

Allergens:
Minerals: Cu, Mg, P
Vitamins: A, C, D, E, K

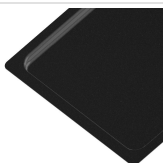
Nutritional value of one portion	Value
Energy	626.6 kJ
Carbohydrate	2.3 g
Fat	48.2 g
Protein	60.4 g
Water	0 g

Directions

*Salmon steak (round cut)

- ◇ Marinate the salmon with salt, white pepper and rice wine evenly on both sides for 10 minutes
- ◇ 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
- ◇ It is recommended to add lemon juice, mustard salt and pepper, and grapefruit salt and pepper to increase the flavor

Recommended accessories



Vision Bake