

Grilled Salmon Steaks

Cuisine: Chinese

Food category: Fish



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 235 °C

1	Combination	30 %	Termination by time	10:00 mm:ss	220 °C	90 %	
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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
5 tbsp vegetable oil	20	ml
Lemons	1	pcs

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

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

Recommended accessories



Vision Bake