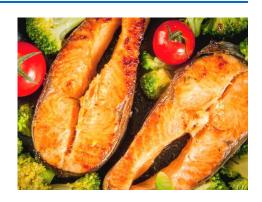
Retigo Combionline | Cookbook | **Fish** 11. 4. 2023

Grilled Salmon Steaks

Cuisine: **Chinese**Food category: **Fish**



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Program steps

Preheating:

235 °C

Treating. Loo

SSA Combination













Ingredients -	number c	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

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

°C

- After absorbing the water, apply sesame oil evenly on both sides, cooking oil increases heat conduction and frying
- \diamondsuit Use a non-stick flat baking pan, which has good heat conduction and fry until golden brown
- \diamondsuit 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

