

# Salt Grilled Salmon Skewers

Cuisine: **Chinese**  
Food category: **Poultry**




Author: **Gary CHIU**  
Company: **Retigo Asia**





## Program steps

Preheating: 265 °C


1

 Combination


 30 %

 Termination by time

 04:00 mm:ss

 250 °C

 90 %



## Ingredients - number of portions - 10

Name	Value	Unit
salmon steak	250	g

## seasoning recipe

Name	Value	Unit
sea-salt	5	g
freshly ground black pepper, ground	5	g

## Nutrition and allergens

Allergens:  
Minerals: Mg  
Vitamins: B6, C, K

Nutritional value of one portion	Value
Energy	52.9 kJ
Carbohydrate	0.2 g
Fat	4 g
Protein	5.1 g
Water	0 g

## Directions

- \*salmon steak (cut into dice, width 2cm)
- ◇ It is recommended to soak in water and drain when using wooden skewers, but not to use iron skewers
  - ◇ Drain the salmon steaks and bell peppers and cut them into chunks suitable for skewers
  - ◇ Salmon steak, sweet pepper and other ingredients, taste the original flavor without seasoning and marinating
  - ◇ It is recommended to use a frying pan for cooking. The pan does not need to be preheated, and it can be cooked directly in the oven
  - ◇ Use a non-stick flat baking pan, which has good heat conduction effect, and use fish oil to fry until golden brown

## Recommended accessories



Vision Grill Diagonal



Vision Bake