

Grilled Fish Chin

Cuisine: Chinese

Food category: Fish



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 265 °C

1 Hot air 10 % Termination by time 05:00 mm:ss 250 °C + 90 %

Ingredients - number of portions - 1

| Name | Value | Unit |
|-------------------------|-------|------|
| Taiwan tide snapper jaw | 250 | g |

seasoning recipe

| Name | Value | Unit |
|---------------------|-------|------|
| rice wine | 20 | ml |
| ground white pepper | 3 | g |
| sea-salt | 2 | g |
| lemon | 10 | g |
| lime juice | 10 | ml |

Nutrition and allergens

Allergens:

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

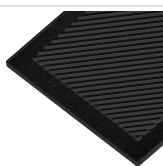
Vitamins: A, B, C, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|-----------|
| Energy | 1540.2 kJ |
| Carbohydrate | 2.6 g |
| Fat | 17.8 g |
| Protein | 45.4 g |
| Water | 0 g |

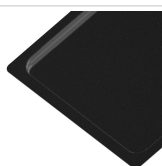
Directions

- ◇ Wash the sea bream chin to remove impurities, dry the water, pour rice wine and wait for 10 minutes
- ◇ After absorbing the water, sprinkle sea salt and white pepper on both sides to taste
- ◇ Use a non-stick flat baking pan, which has good heat conduction and fry until golden brown
- ◇ You can also try to put baking paper and lemon slices under the fish's chin, and bake at high temperature to increase the lemon aroma
- ◇ 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 dip in lemon juice, mustard salt and pepper, and grapefruit salt and pepper to increase the flavor

Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless steel full