


# Grilled Fish Chin

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




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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

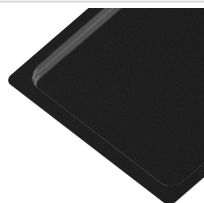
## Directions

- ◇ 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

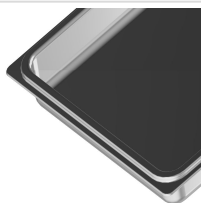
## Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless  
steel full