

Grilled Thin Salt Mackerel

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



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Program steps

Preheating: 265 °C

1

 Hot air

 10 %

 Termination by time

 06:00 mm:ss

 250 °C

 90 %



| Ingredients - number of portions - 1 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| mackerel | 160 | g |

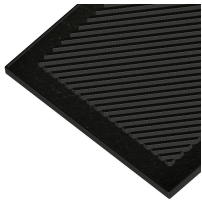
| seasoning recipe | | |
|-------------------------------------|-------|------|
| Name | Value | Unit |
| Mirin | 20 | ml |
| salt | 5 | g |
| lemon | 1 | pcs |
| freshly ground black pepper, ground | 0.5 | g |

| Nutrition and allergens | |
|--|----------|
| Allergens: Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 310.5 kJ |
| Carbohydrate | 0.3 g |
| Fat | 20.8 g |
| Protein | 30.5 g |
| Water | 0 g |

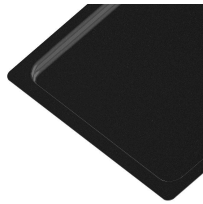
Directions

- ◇ Vacuum-frozen imported norwegian thin salt mackerel size L refrigerates to defrost naturally, avoiding bloody water from flushing
- ◇ Dry the mackerel with a paper towel, apply mirin on both sides of the mackerel, and let it dry naturally
- ◇ Mirin helps to remove the fishy smell, and the moisture on the air-dried surface achieves heat conduction more quickly
- ◇ The skin of the mackerel is painted with a knife pattern, which can squeeze out the oil more quickly and increase the appearance
- ◇ The skin of the mackerel is cooked upwards, and the high-temperature hot air will bake the oily mackerel crispy
- ◇ Channel operation avoids scrapping caused by early defrosting, and frozen mackerel is cooked directly

Recommended accessories



Vision Grill Diagonal



Vision Bake