


Grilled Kabayaki Eel

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



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





Program steps


Preheating:


215 °C


1


 Combination


 30 %

 Termination by time

 03:00 mm:ss

 200 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
Kabayaki Eel Frozen Cooked Product	200	g

seasoning recipe		
Name	Value	Unit
nori algae	5	g
sesame	5	g

Nutrition and allergens	
Allergens: 11 Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	52.6 kJ
Carbohydrate	2.9 g
Fat	3 g
Protein	3.1 g
Water	0 g

Directions

◇ Frozen Kabayaki eel is thawed and defrosted, and placed at room temperature to warm up to be prepared

◇ Use a baking tray to make whole portions, do not cut into small pieces to avoid water loss


◇ Use a flat baking pan to avoid dripping sauce on the bottom of the oven and avoid charring with continuous heating

◇ Made of cooked Kabayaki eel, grilled at high temperature for a short time, and the surface is quickly colored

Recommended accessories



Vision Bake



GN container Stainless steel full