

Grilled Kabayaki Eel

Cuisine: Chinese

Food category: Fish



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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

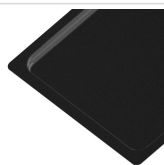
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	52.6 kJ
Carbohydrate	2.9 g
Fat	3 g
Protein	3.1 g
Water	0 g

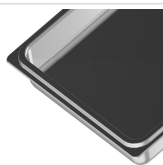
Directions

- ◇ 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