

Steamed Fish in Chinese Oil

Cuisine: Chinese

Food category: Fish



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 99 °C

1



Steaming

Termination by
core probe
temperature

76

°C



99

°C



80

%



Ingredients - number of portions - 1

Name	Value	Unit
perch fish	1	pcs

Name	Value	Unit
oyster sauce	10	ml
soy dipping sauce	15	ml
rice wine	20	ml
sesame oil	5	ml
ground white pepper	3	g
caster sugar	5	g
onion	5	g
rice pepper	2	g
ginger root, peeled and finely chopped	10	g

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	42.7 kJ
Carbohydrate	9.2 g
Fat	0.3 g
Protein	0.6 g
Water	0 g

Directions

- ◇ Effectively reduce fishy smell before treatment, scald the surface of fish skin and remove blood stains from internal organs and fish bones
- ◇ Cut the back of the whole fish and cut it with a knife to shorten the cooking time and better absorb the soup.
- ◇ Sprinkle salt on both sides of the fish body and inside the abdomen, wait for 15 minutes and then absorb the water to remove the fishy smell
- ◇ Use a porcelain plate for steaming fish, put ginger slices on the bottom of the plate and the belly of the fish, put the fish on the plate and pour over the sauce
- ◇ High-temperature steaming, center temperature mode, the most accurate when the probe is inserted into the meaty part of the back end of the fish head
- ◇ After the fish is out of the oven, put green onion and red pepper on the fish body, drizzle with hot oil and it's done

Recommended accessories

GN container Stainless
steel perforated

Stainless wire shelving