# Sous-vide cod in Parma ham

Cuisine: **Other** Food category: **Fish** 



Author: Ondrej Vlcek Company: Retigo

### Program steps

Steaming



O Termination by time

# Ingredients - number of portions - 2

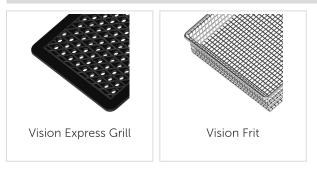
ingreatents number of portions 2			
Name	Value	Unit	
cod 4x boneless fillets	400	g	
Parma ham slices	4	pcs	
thyme	4	pcs	
olive oil	20	ml	

#### Nutrition and allergens

Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	680 kJ
Carbohydrate	0 g
Fat	2 g
Protein	36 g
Water	0 g

## Recommended accessories





80

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Directions	

00:45 hh:mm

Spread the Parma ham on the work surface. Place the fillet on the edge of the slice and wrap carefully. We don't salt the fish because it will get saltiness from the Parma ham. Place the wrapped portions carefully in a bag, drizzle with olive oil and seal. We cook using the sous-vide method. Set the program in the convection oven and let the fish heat process for 45 minutes. Before serving, we recommend frying the portion in a pan or grilling it in a convection oven.

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