

# Sous-vide cod in Parma ham

Cuisine: **Other**Food category: **Fish**Author: **Ondrej Vlcek**Company: **Retigo**

## Program steps

1 Steaming Termination by time 00:45 hh:mm 55 °C + 80 %

## Ingredients - 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

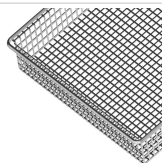
## Directions

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.

## Recommended accessories



Vision Express Grill



Vision Frit