

Miso salmon

Cuisine: **Japanese**

Food category: **Fish**

Author: [Steve Shih](#)

Company: [Retigo Asia Limited](#)



Program steps

Preheating: **230 °C**

1	Combination	30 %	Termination by time	00:04 hh:mm	200 °C	80 %	
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Ingredients - number of portions - 1

Name	Value	Unit
Salmon	200	g
White Miso	100	g
sake	10	ml
Salt	1	g
sugar	1	g
Mirin	10	g
Sushi ginger	10	g

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	4 kJ
Carbohydrate	1 g
Fat	0 g
Protein	0 g
Water	0 g

Recommended accessories



Vision Bake

Directions

1. Slice Salmon into 2Cm thickness.
2. Marinate with salt and sugar for 10-20 mins.
3. Clean away the salt and sugar, pat dry.
4. Mix miso with sake.
5. Spread a layer of miso on a try.
6. Cover with cheesecloth.
7. Put the salmon fillet over the cheesecloth.
8. Cover the fish with cheesecloth and spread the remaining miso over it.
9. Marinate 8 - 24 hrs.
10. Put the fish on a strewer and put it over the Vision Bake 1/1.
11. Flip the fish and brush a layer of mirin all over the fish.
12. Combi oven 200C 4 mins.
13. Done and enjoy.