

# Miso salmon

Cuisine: **Japanese**

Food category: **Fish**

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## 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: F, Soy

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium: 38758 mg

Vitamins: B1, B2, B3, B6, E, Vitamin B12, Vitamin D

Nutritional value of one portion	Value
Energy	621.2 kJ
Carbohydrate	27.3 g
Fat	32 g
Protein	56 g
Water	144.8 g

## Directions

- 1.Slice Salmon into 2Cm thickness.
- 2.Marinate with salt and sugar for 10-20 mins.
- 3.Clean away the salt and sugar, pad 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.



Vision Bake