

Squid patties

Cuisine: **South-East Asian**
Food category: **Fish**



Author: [Myat Ko ko](#)



Program steps

Preheating: 200 °C

1

 Hot air

 100 %

 Termination by time

 00:06
hh:mm

 200 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Squid	1	kg
Fatty minced pork	100	g
Minced shallots	50	g
Minced Garlic	50	g
Dill	20	g
Black Pepper	10	g
Fish sauce	30	ml
sugar	30	g
Cooking oil	30	ml

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	12 kJ
Carbohydrate	3 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Clean the squid and cut into thin strips. Mix well with all ingredients and leave for 1 hour.

Place the squid and minced pork in food processor and blend until smooth and supple.

Shape the squid mixture into round ball and flatten them.

Rubbing the oil on vision bake and place the squid patties.

Spray some oil on surface and bake for 5 to 6 minutes.

Recommended accessories



Vision Bake