Fish meatballs

Cuisine: **Czech**
Food category: **Fish**

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Company: **Retigo**

Program steps

| 1 | Hot air | 0 % | Termination by time | 00:15 hh:mm | 220 °C | 100 % | |

Ingredients – number of portions – 10

Name	Value	Unit
white cod fillet	1.2	kg
onion	0.15	kg
garlic	0.05	kg
herbs	0	kg
chicken eggs	2	pcs
salt	0.03	kg
mixed peppercorns	0	kg
Lemons	0.1	kg
thick cream 18% fat	0.1	kg
plain buckwheat flour	0.08	kg
breadcrumbs	0.15	kg
5 tbsp vegetable oil	0.08	l
rama combi profi	0.06	l

Directions

Finely chop the cod fillet with onion, garlic and herbs. Put in a bowl, add eggs, garlic and freshly chopped herbs. Season with pepper, salt, lemon zest and juice, sour cream and mix well. Then sprinkle flour and breadcrumbs, mix thoroughly so that the individual pieces start to stick together.
The mixture should have the consistency of classic meatballs.

We make meatballs from the mixture by hand. which we wrap in breadcrumbs and place on a greased Retigo Bake tray.
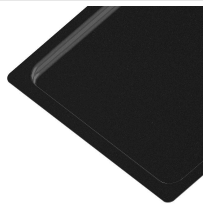
For frying in a convection oven, it is necessary to apply a layer of oil and Ramy Combi Profi diluted 1:1 to the surface of the fish meatballs.

Place in a convection oven and fry until golden.

Nutrition and allergens

Allergens: 1, 3, 4, 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	221.1 kJ
Carbohydrate	20.6 g
Fat	3.4 g
Protein	23.5 g
Water	9.5 g

Recommended accessories

Vision Oil Spray Gun

Vision Bake