

Fish patties

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 %	
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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

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

Directions

Finely chop dark cod fillets with onion, garlic, and herbs. We add to the mixture, adding egg, garlic, and freshly chopped herbs. Season with pepper, salt, lemon juice, and sour cream, and mix well. Then add flour and breadcrumbs, mixing thoroughly so that individual pieces start to stick together. The mixture should have the consistency of classic meatloaf.

We hand-shape the mixture into patties, which we coat in breadcrumbs and arrange on a greased Retigo Bake tray.

For frying in the combi steamer, it is essential to apply a layer of oil and Ramy Combi Profi, mixed in a 1:1 ratio, to the surface of the fish patties.

We place them in the combi steamer and fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake