

Baked salmon

Cuisine: **Scandinavian**

Food category: **Fish**



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Company: **Retigo**



Program steps

Preheating: 245 °C

1	Hot air	0 %	Termination by time	00:08 hh:mm	230 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
salmon fillet with skin	2	kg
mixed peppercorns	0	kg
coarse salt	0.02	kg
Lemons	0.05	kg
thyme	0	kg
olive oil	0.05	kg

Nutrition and allergens

Allergens: 4

Minerals: Ca, Fe, K, Mg

Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	495.9 kJ
Carbohydrate	0.3 g
Fat	38.6 g
Protein	36 g
Water	4.8 g

Directions

We rinse and portion the fresh salmon, then season with freshly crushed pepper, coarse salt, lemon juice, and zest from a thoroughly washed whole lemon (lime), add fresh herbs (thyme or others), lightly drizzle with olive oil, and layer it in a GN Retigo Bake.

We place it in the combi oven and bake until golden.

Recommended accessories



Vision Grill Diagonal