

baked salmon

Cuisine: Scandinavian

Food category: Fish



Author: Vlastimil Jaša

Company: Retigo



Program steps

Preheating: 245 °C

1 Hot air 0 % Termination by time 00:08 hh:mm 230 °C 100 %

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

Rinse and cut the fresh salmon, then season with freshly ground pepper, coarse salt, lemon zest and juice from a carefully washed whole lemon (lime), add a fresh herb (thyme or other) and lightly drizzle with olive oil and place on the GN Retigo Bake.

Place in a convection oven and bake until golden.

Recommended accessories



Vision Grill Diagonal