

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 %



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