

Salmon in puff pastry

Cuisine: French

Food category: Fish

Author: Pavel Gaubmann

Company: Retigo



Program steps

Preheating: 195 °C

1 Hot air 0 % Termination by time 00:20 hh:mm 180 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
salmon	2000	g
puff pastry	500	g
salt	20	g
spinach leaves	500	g
olive oil	70	ml
chicken eggs	40	g

Directions

Cut the skin off the salmon, wash it, dry it, and cut it into 10 equal fillets. Brush the salmon with oil and salt. Place the salmon fillet, part of the seasoned spinach on the rolled out puff pastry and wrap it up. Brush with egg, bake until golden.

Nutrition and allergens

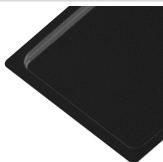
Allergens: 1, 3, 4

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	621 kJ
Carbohydrate	18.4 g
Fat	39.2 g
Protein	48.5 g
Water	0 g

Recommended accessories



Vision Bake



Enameled GN container