

Salmon in puff pastry

Cuisine: **French**

Food category: **Fish**

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Company: **Retigo**



Program steps

Preheating: 195 °C

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

From the salmon, we remove the bones, rinse, dry, and cut into 10 equal fillets. We brush the salmon with oil and season with salt. On the rolled-out puff pastry, we place the salmon fillet, part of the seasoned spinach, and wrap it up. We brush with egg, bake until golden.

Nutrition and allergens

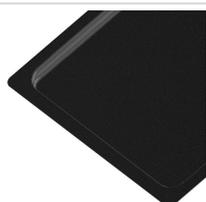
Allergens: 1, 3, 4

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