

Fried carp

Cuisine: Czech

Food category: Fish



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Company: Retigo



Program steps

1	Hot air	7 %	Termination by time	00:12 hh:mm	210 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
gutted carp	3800	g
milk 3.5%	1000	g
salt	22	g
lemon	80	g
thyme	1	g
plain wheat flour	150	g
chicken eggs	3	pcs
milk 3.5%	150	g
breadcrumbs	220	g
rama combi profi	40	g
vegetable oil	80	g

Nutrition and allergens

Allergens: 1, 3, 4, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1017.2 kJ
Carbohydrate	34.2 g
Fat	64.1 g
Protein	79.8 g
Water	0 g

Directions

Fillet the gutted carp and cut the fillets with a 5 mm knife right up to the skin. Place 200 g portions overnight in salted milk with lemon and fresh thyme.

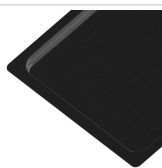
The next day, take the carp out of the milk, dry it well and wrap it in three-pack.

Spray the Vision Bake frying pan with an oil gun. On the tray prepared in this way, we place the portions of carp fillets in a three-pack, skin side down, and spray them with another layer of fat from the Vision oil gun. After preheating, fry in a convection oven on the above program.

Recommended accessories



Vision Oil Spray Gun



Vision Bake