

Acerbic fish stew

Cuisine: Italian

Food category: Fish



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Company: Retigo



Program steps

Preheating: 95 °C

1 Combination 50 % Termination by time 00:40 hh:mm 80 °C 100 %

Ingredients - number of portions - 8

| Name | Value | Unit |
|---|-------|------|
| rockfish | 300 | g |
| scorpion fish | 300 | g |
| weeverfish | 300 | g |
| smooth-hound (baby shark), cleaned and gutted | 300 | g |
| red mullet, scaled and gutted | 300 | g |
| monkfish | 300 | g |
| mackerel | 300 | g |
| ray, cleaned and gutted | 300 | g |
| john dory | 300 | g |
| shrimps, peeled and cleaned | 300 | g |
| mantis shrimp | 300 | g |
| cuttlefish | 300 | g |
| clams | 300 | g |
| extra virgin olive oil | 30 | ml |
| caster sugar | 15 | g |
| white wine vinegar | 100 | ml |
| red onion | 1 | pcs |
| sprig of parsley | 10 | g |
| green tomatoes | 1 | kg |
| green paprika | 1 | pcs |
| cloves garlic, finely chopped | 3 | pcs |
| salt | 3 | g |
| chili powder | 1 | g |

Directions

1. In a large clay pot, soften the onion, add sugar and deglaze with vinegar on high heat
2. Sauté the cuttlefish, lower the heat and simmer for 5 minutes
3. Add the tomatoes, green pepper, garlic, chili and a pinch of salt. Cover with a lid and simmer for 30 minutes
*garlic cloves, halved, stemmed and finely chopped
4. Remove from heat and set the cuttlefish aside
5. Set the oven on combi at 80°C
6. Layer the rockfish, scorpionfish, weeverfish, baby shark, mullet, monkfish, mackerel, ray and John Dory in the pot
7. Next, layer the cuttlefish on top, and the clams on top of the cuttlefish. Cover with a lid
8. Bake for 40 minutes or until the clams have opened and the fish cooked through
9. Correct seasoning, portion and sprinkle parsley
10. Best served with toasted bread
*all fish cleaned and gutted
*mantis shrimp, cleaned and cut in half, lengthwise
*shrimp-cleaned and cut in half, lengthwise

Nutrition and allergens

Allergens:

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

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

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 525.6 kJ |
| Carbohydrate | 11 g |
| Fat | 16.9 g |
| Protein | 112.2 g |
| Water | 0 g |

Recommended accessories



Enameled GN container