

Steamed salmon trout

Cuisine: **Other**Food category: **Fish**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: **99 °C**

1 Steaming Termination by time 00:07 hh:mm 99 °C 80 %

Ingredients - number of portions - 10

Name	Value	Unit
salmon trout fillets	2000	g
salt	2	g
lemon peel	1	g
butter	100	g
colored pepper	0	g

Nutrition and allergens

Allergens: 7

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

Vitamins: A, B, C, D, E, K

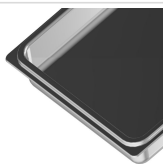
Nutritional value of one portion	Value
Energy	283.1 kJ
Carbohydrate	0.3 g
Fat	14.3 g
Protein	38.1 g
Water	0 g

Directions

Salt and pepper the cleaned trout fillets and add the peel of a well-washed lemon and butter. Place in a full GN 40 mm high and cook on the above program.

We recommend serving with potato gnocchi with mint and broccoli, which you can cook at the same time as fish.

Recommended accessories



GN container Stainless
steel full