

Steamed salmon trout

Cuisine: **Other**
Food category: **Fish**



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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 soft	100	g
mixed peppercorns	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.

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

Recommended accessories



GN container Stainless steel full