

Fishcakes

Cuisine: Czech
Food category: Fish



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Company: Retigo



Program steps

1

 Hot air

 0 %

 Termination by time

 00:08
hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
white cod fillet	700	g
potatoes	700	g
onion	100	g
sprig of parsley	50	g
garlic	1	pcs
salt	10	g
chicken eggs	1	pcs
breadcrumbs	100	g

Directions

Peel the potatoes and cook in steam mode for about 30 minutes, 99°C. Cook the fish (cod or other fillet) in about 15 minutes at 99°C. Then put everything in a food processor, add chopped parsley, onion, two cloves of garlic, salt and mix for 5 minutes. Then we shape this mixture into desired shape and coat them in flour, eggs and breadcrumbs. Fry with fat on provided program.

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	158.6 kJ
Carbohydrate	22.4 g
Fat	0.9 g
Protein	14.6 g
Water	0 g