

# Pumpkin risotto with fillets of seabream

Cuisine: **Italian**  
Food category: **Fish**



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Company: **Retigo**



Program steps

1

Hot air

100 %

Termination by time

00:20 hh:mm

180 °C

100 %

2

take out the pumpkin and put pumpkin seeds in

Hot air

100 %

Termination by time

00:03 hh:mm

180 °C

60 %

3

take the seeds out

Hot air

100 %

Termination by time

00:10 hh:mm

260 °C

100 %

4

put the fish fillets on the griddle skin side down and leave it for 3 minutes without having the combi on

Hot air

100 %

Termination by time

00:01 mm:ss

200 °C

100 %

Ingredients - number of portions - 8		
Name	Value	Unit
pumpkin	1	pcs
pumpkin seeds	30	g
olive oil	50	ml
shallot	300	g
dry white wine	500	ml
vegetable broth	1	l
butter soft	150	g
thyme	1	pcs
round grain rice	500	g
sea bream fillets	8	pcs
salt	1	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens

Allergens: 7

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

Vitamins: A, B, B6, C, D, E, K

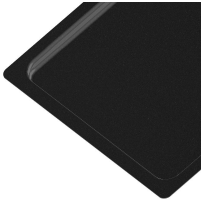
Directions

Slice the pumpkin, season, oil and place on a GN container and insert into a preheating combi oven. When done place pumpkin seeds in. Mash the pumpkin to a puree. Some of the pumpkin cut into a small cubes and set aside as a garnish. Make the risotto on the stove as usual adding the pumpkin puree into it at the end.

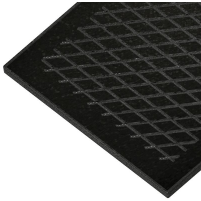
Leave the griddle to preheat and place the fillets on with a little bit fo olive oil. The combi oven will stay off with the door shut for 3 minutes, Take the fish out and place it on a ready risotto, garnish with chopped fresh parsely leaves, diced pumpkin and pumkking

Nutritional value of one portion	Value
Energy	398.5 kJ
Carbohydrate	51.7 g
Fat	18.1 g
Protein	6.4 g
Water	0 g

Recommended accessories



Vision Bake



Vision Grill