

Fish goujons

Cuisine: **French**
Food category: **Fish**



Author: **Jaroslav Mikoška**
Company: **Retigo**



Program steps

Preheating: 245 °C

1

 Hot air

 0 %

 Termination by time

 00:07 hh:mm

 230 °C

 100 %



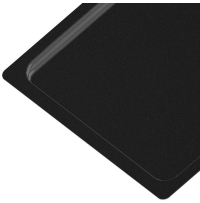
Ingredients - number of portions - 6		
Name	Value	Unit
cod	700	g
5 tbsp vegetable oil	100	ml
plain wheat flour	100	g
breadcrumbs	200	g
red pepper powder	3	g

Nutrition and allergens	
Allergens: 1 Minerals: Cu, Mg, P Vitamins: A, C, D, E, K	
Nutritional value of one portion	Value
Energy	268.4 kJ
Carbohydrate	38 g
Fat	1.6 g
Protein	23.9 g
Water	0 g

Directions

The raw fish portion to strips. Preheat the Combi, spray oil on a GN container, place fish goujons on the tray , spray again and fry according to the program,

Recommended accessories



Vision Bake