

Sichuan Spicy Grilled Fish

Cuisine: **Chinese**
Food category: **Fish**

















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Program steps

Preheating: 225 °C

| | | | | | | | |
|---|---|--|---|---|--|--|---|
| 1 |  Combination |  40 % |  Termination by core probe temperature |  70 °C |  210 °C |  90 % |  |
| 2 |  Combination |  50 % |  Termination by time |  30:00 mm:ss |  140 °C |  80 % |  |

| Ingredients - number of portions - 1 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| sea bass fish | 1 | pcs |

| Name | Value | Unit |
|--------------------|-------|------|
| ground hot paprika | 100 | g |
| shallot | 10 | g |
| minced garlic | 80 | g |
| dried ginger | 20 | g |
| peanuts | 40 | g |
| vegetable broth | 500 | ml |

Nutrition and allergens

Allergens:
Minerals: Ca, K, Mn, Na, P, Zn
Vitamins: A, B, C

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 772.1 kJ |
| Carbohydrate | 72.2 g |
| Fat | 33.1 g |
| Protein | 30.9 g |
| Water | 0 g |

Directions

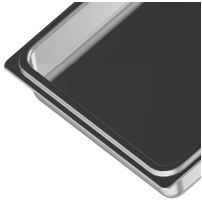
The first stage

- ◇ Cut the back of the whole fish and cut it with a knife to shorten the cooking time and better absorb the flavor of the soup
- ◇ Central temperature mode, automatic detection of the production quantity equipment, the most accurate part of the thick meat at the back end of the fish head when the probe is inserted

second stage

- ◇ Vegetables on the bottom, put the whole fish on top, spicy broth covers the fish body to the surface, spread spicy seasoning, etc.
- ◇ If the wind speed is 100% for direct cooking, it is recommended to cover the baking tray or baking paper to prevent the edges of the vegetables from being burnt black

Recommended accessories



GN container Stainless
steel full