

Grilled Fish Chin

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



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Company: **Retigo Asia**



Program steps

Preheating: 265 °C

1

 Hot air

 10 %

 Termination by time

 05:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
Taiwan tide snapper jaw	250	g

seasoning recipe		
Name	Value	Unit
rice wine	20	ml
ground white pepper	3	g
sea-salt	2	g
lemon	10	g
lime juice	10	ml

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, Kyselina listová	
Nutritional value of one portion	Value
Energy	1540.2 kJ
Carbohydrate	2.6 g
Fat	17.8 g
Protein	45.4 g
Water	0 g

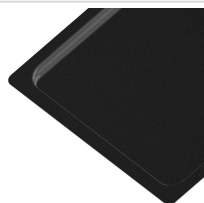
Directions

- ◇ Wash the sea bream chin to remove impurities, dry the water, pour rice wine and wait for 10 minutes
- ◇ After absorbing the water, sprinkle sea salt and white pepper on both sides to taste
- ◇ Use a non-stick flat baking pan, which has good heat conduction and fry until golden brown
- ◇ You can also try to put baking paper and lemon slices under the fish's chin, and bake at high temperature to increase the lemon aroma
- ◇ Using the temperature at the center of the probe, no matter frying 1 slice or 10 slices, the device will automatically detect the time
- ◇ It is recommended to dip in lemon juice, mustard salt and pepper, and grapefruit salt and pepper to increase the flavor

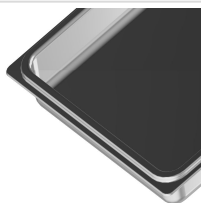
Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless
steel full