

Grilled Pacific Saury Sanma

Cuisine: **Japanese**
Food category: **Fish**

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Program steps

Preheating: 250 °C

1

Combination

10 %

Termination by time

00:08
hh:mm

230 °C

80 %

Ingredients - number of portions - 1		
Name	Value	Unit
Whole Pacific Saury	1	pcs
Sea Salt	2	g
Light soy Sauce	10	ml
Wedge Lemon (optional)	1	pcs

Nutrition and allergens	
Allergens: Soy	
Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc	
Vitamins: B vitamins including B12, Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Vitamin K	
Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

1. Start by patting the fish off with a paper towel and making a horizontal score on the top of the fish. From there sprinkle some salt and grill or bake in the combi oven for 4 minutes per side at 230 °C.

2.Serve with some soy sauce mixed with grated daikon and lemon.

Recommended accessories

Vision Bake