

Miso salmon

Cuisine: Japanese
Food category: Fish

Author: Steve Shih
Company: Retigo Asia Limited



Program steps

Preheating: 230 °C

1

Combination

30 %

Termination by time

00:04 hh:mm

200 °C

80 %

Ingredients - number of portions - 1

Name	Value	Unit
Salmon	200	g
White Miso	100	g
sake	10	ml
Salt	1	g
sugar	1	g
Mirin	10	g
Sushi ginger	10	g

Nutrition and allergens

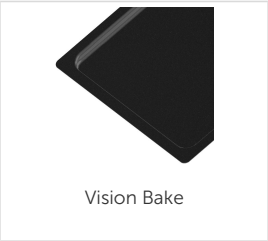
Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	4 kJ
Carbohydrate	1 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

- 1.Slice Salmon into 2Cm thickness.
- 2.Marinate with salt and sugar for 10-20 mins.
- 3.Clean away the salt and sugar, pad dry.
- 4.Mix miso with sake.
- 5.Spread a layer of miso on a try.
- 6.Cover with cheesecloth.
- 7.Put the salmon fillet over the cheesecloth.
- 8.Cover the fish with cheesecloth and spread the remaining miso over it.
- 9.Marinate 8 - 24 hrs.
- 10.Put the fish on a strewer and put it over the Vision Bake 1/1.
- 11.Flip the fish and brush a layer of mirin all over the fish.
- 12.Combi oven 200C 4 mins.
- 13.Done and enjoy.

Recommended accessories



Vision Bake