

# Grilled Salmon Steaks

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



Author: **Gary CHIU**  
Company: **Retigo Asia**



## Program steps

Preheating: 235 °C

1

 Combination

 30 %

 Termination by time

 10:00 mm:ss

 220 °C

 90 %



| Ingredients - number of portions - 1 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| salmon steak                         | 300   | g    |

| seasoning recipe     |       |      |
|----------------------|-------|------|
| Name                 | Value | Unit |
| rice wine            | 20    | ml   |
| sesame oil           | 10    | ml   |
| ground white pepper  | 3     | g    |
| sea-salt             | 3     | g    |
| 5 tbsp vegetable oil | 20    | ml   |
| Lemons               | 1     | pcs  |

| Nutrition and allergens                                      |          |
|--------------------------------------------------------------|----------|
| Allergens:<br>Minerals: Cu, Mg, P<br>Vitamins: A, C, D, E, K |          |
| Nutritional value of one portion                             | Value    |
| Energy                                                       | 626.6 kJ |
| Carbohydrate                                                 | 2.3 g    |
| Fat                                                          | 48.2 g   |
| Protein                                                      | 60.4 g   |
| Water                                                        | 0 g      |

## Directions

- \*Salmon steak (round cut)
- ◇ Marinate the salmon with salt, white pepper and rice wine evenly on both sides for 10 minutes
  - ◇ After absorbing the water, apply sesame oil evenly on both sides, cooking oil increases heat conduction and frying
  - ◇ Use a non-stick flat baking pan, which has good heat conduction and fry until golden brown
  - ◇ 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 add lemon juice, mustard salt and pepper, and grapefruit salt and pepper to increase the flavor

## Recommended accessories



Vision Bake