

Nectar boiled saury

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



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Program steps

Preheating: 245 °C

1	 Combination	 30 %	 Termination by time	 03:00 mm:ss	 230 °C	 90 %	
2	 Combination	 60 %	 Termination by time	 01:30 hh:mm	 135 °C	 100 %	

Ingredients - number of portions - 10

Name	Value	Unit
saury	110	g

seasoning recipe

Name	Value	Unit
ginger root, peeled and finely chopped	10	g
shallot	40	g
soy dipping sauce	100	ml
mirin	100	ml
black vinegar	40	ml
rice wine	100	ml
RO water	500	ml
onion	30	g
caster sugar	10	g

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	17.8 kJ
Carbohydrate	1.8 g
Fat	0.1 g
Protein	2.2 g
Water	0 g

Directions

The first stage ☒

- ◇ Wash and remove the internal organs of the saury, do not damage the gallbladder with the knife, so as to prevent the fish from becoming bitter, cut into pieces and absorb the water
- ◇ Spray oil on the surface of cut saury, put it on a non-stick flat baking tray and grill it at high temperature
- ◇ Fry the saury until the skin is crispy and then stew. Frying and roasting can remove the fishy smell and increase the aroma

second stage

- ◇ Made with a standard cooking pot, the sauce completely covers the saury, at least 1 cm higher than the fish body
- ◇ Please cover the lid or baking tray for steaming and roasting to avoid scorching the surface by hot air
- ◇ Keep stuffy for 30 minutes after coming out of the oven, then soak for 24 hours after rapid cooling

Recommended accessories



GN container Stainless
steel full



Enameled GN
container