

Grilled Thin Salt Mackerel

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



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Program steps

Preheating: 265 °C

1

 Hot air

 10 %

 Termination by time

 06:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
mackerel	160	g

seasoning recipe		
Name	Value	Unit
Mirin	20	ml
salt	5	g
lemon	1	pcs
freshly ground black pepper, ground	0.5	g

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	310.5 kJ
Carbohydrate	0.3 g
Fat	20.8 g
Protein	30.5 g
Water	0 g

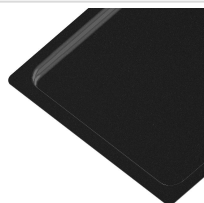
Directions

- ◇ Vacuum-frozen imported norwegian thin salt mackerel size L refrigerates to defrost naturally, avoiding bloody water from flushing
- ◇ Dry the mackerel with a paper towel, apply mirin on both sides of the mackerel, and let it dry naturally
- ◇ Mirin helps to remove the fishy smell, and the moisture on the air-dried surface achieves heat conduction more quickly
- ◇ The skin of the mackerel is painted with a knife pattern, which can squeeze out the oil more quickly and increase the appearance
- ◇ The skin of the mackerel is cooked upwards, and the high-temperature hot air will bake the oily mackerel crispy
- ◇ Channel operation avoids scrapping caused by early defrosting, and frozen mackerel is cooked directly

Recommended accessories



Vision Grill Diagonal



Vision Bake