

# Grilled Kabayaki Eel

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



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



## Program steps

Preheating:

215 °C

1

 Combination

 30 %

 Termination by time

 03:00 mm:ss

 200 °C

 90 %



| Ingredients - number of portions - 1 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| Kabayaki Eel Frozen Cooked Product   | 200   | g    |

| seasoning recipe |       |      |
|------------------|-------|------|
| Name             | Value | Unit |
| nori algae       | 5     | g    |
| sesame           | 5     | g    |

| Nutrition and allergens                                                                                      |         |
|--------------------------------------------------------------------------------------------------------------|---------|
| Allergens: 11<br>Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, C, E, K, Kyselina listová |         |
| Nutritional value of one portion                                                                             | Value   |
| Energy                                                                                                       | 52.6 kJ |
| Carbohydrate                                                                                                 | 2.9 g   |
| Fat                                                                                                          | 3 g     |
| Protein                                                                                                      | 3.1 g   |
| Water                                                                                                        | 0 g     |

Directions

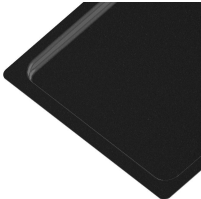
◇ Frozen Kabayaki eel is thawed and defrosted, and placed at room temperature to warm up to be prepared

◇ Use a baking tray to make whole portions, do not cut into small pieces to avoid water loss

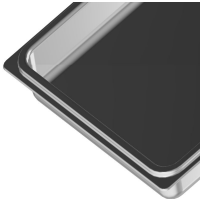
◇ Use a flat baking pan to avoid dripping sauce on the bottom of the oven and avoid charring with continuous heating

◇ Made of cooked Kabayaki eel, grilled at high temperature for a short time, and the surface is quickly colored

## Recommended accessories



Vision Bake



GN container Stainless steel full