

Baked salmon

Cuisine: **Scandinavian**
Food category: **Fish**



Author: **Vlastimil Jaša**
Company: **Retigo**



Program steps

Preheating: 245 °C

1

 Hot air

 0 %

 Termination by time

 00:08
hh:mm

 230 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
salmon fillet with skin	2	kg
mixed peppercorns	0	kg
coarse salt	0.02	kg
Lemons	0.05	kg
thyme	0	kg
olive oil	0.05	kg

Nutrition and allergens

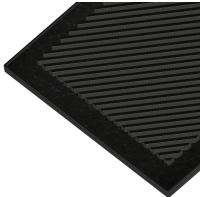
Allergens: 4 Minerals: Ca, Fe, K, Mg Vitamins: A, C, D, E, K	
Nutritional value of one portion	Value
Energy	495.9 kJ
Carbohydrate	0.3 g
Fat	38.6 g
Protein	36 g
Water	4.8 g

Directions

We rinse and portion the fresh salmon, then season with freshly crushed pepper, coarse salt, lemon juice, and zest from a thoroughly washed whole lemon (lime), add fresh herbs (thyme or others), lightly drizzle with olive oil, and layer it in a GN Retigo Bake.

We place it in the combi oven and bake until golden.

Recommended accessories



Vision Grill Diagonal