

grilled whole fish

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



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Program steps

Preheating: 250 °C

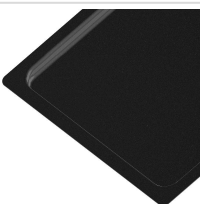
1	 Hot air	 60 %	 Termination by core probe temperature	 60 °C	 210 °C	 100 %	
2	 Hot air	 10 %	 Termination by core probe temperature	 76 °C	 240 °C	 90 %	

Ingredients - number of portions - 1		
Name	Value	Unit
sea bass fish	1	pcs

Directions

- ✓ The first stage
- ◇ Cut the back of the whole fish and cut it with a knife to shorten the cooking time
- ◇ Dry roasting in preheating mode, temperature 250°C, wind speed 90%
- ✓ The second stage
- ◇ Central temperature mode, automatic detection of production time equipment
- ◇ Use a flat baking pan for frying and roasting the whole fish, which is non-stick and heat-conducting quickly
- ✓ The third stage
- ◇ The third stage enters high-temperature dry baking, and the temperature increases by 30°C
- ◇ Continuous high temperature heating, the core temperature reaches above 76 °C
- ◇ The skin is crispy at high temperature, and the fish is tender and not dry

Recommended accessories



Vision Bake