

Italian Paper Wrapped Fish

Cuisine: Chinese
Food category: Fish



Author: Gary CHIU
Company: Retigo Asia



Program steps

Preheating: 215 °C

1

 Combination

 50 %

 Termination by time

 12:00 mm:ss

 200 °C

 90 %



Ingredients - number of portions - 1

Name	Value	Unit
sea bass fish	130	g

Name	Value	Unit
mussels	30	g
cherry tomatoes	15	g
thyme	5	g
olive oil	20	ml
garlic	10	g
dry white wine	20	ml
sea-salt	2.5	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens

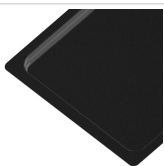
Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	166.5 kJ
Carbohydrate	7 g
Fat	3.7 g
Protein	26.9 g
Water	0 g

Directions

- ◇ Wash and dry the salmon/sea bass chunks, marinate them in white wine to remove the fishy smell
- ◇ The ingredients in the steel basin are evenly seasoned, and the ingredients are wrapped with baking paper
- ◇ Cook with a flat baking pan, the thickness of the flat baking pan is sufficient, and the heating and heat conduction is fast and the effect is good
- ◇ The cooked paper-wrapped fish is full of steam inside, and the outside of the baking paper is colored
- ◇ Italian-style paper-wrapped fish, half-steamed and half-baked in a closed space, concentrated seafood flavor

Recommended accessories



Vision Bake