

Miso salmon

Cuisine: **Japanese**
Food category: **Fish**

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Program steps

Preheating: 230 °C

1

Combination

30 %

Termination by time

00:04
hh:mm

200 °C

80 %

Ingredients - number of portions - 1		
Name	Value	Unit
Salmon	200	g
White Miso	100	g
sake	10	ml
Salt	1	g
sugar	1	g
Mirin	10	g
Sushi ginger	10	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	4 kJ
Carbohydrate	1 g
Fat	0 g
Protein	0 g
Water	0 g

- Directions
- 1.Slice Salmon into 2Cm thickness.

2.Marinate with salt and sugar for 10-20 mins.

3.Clean away the salt and sugar, pad dry.

4.Mix miso with sake.

5.Spread a layer of miso on a try.

6.Cover with cheesecloth.

7.Put the salmon fillet over the cheesecloth.

8.Cover the fish with cheesecloth and spread the remaining miso over it.

9.Marinate 8 - 24 hrs.

10.Put the fish on a strewer and put it over the Vision Bake 1/1.

11.Flip the fish and brush a layer of mirin all over the fish.

12.Combi oven 200C 4 mins.

13.Done and enjoy.

Recommended accessories



Vision Bake