

Roast Cod

Cuisine: **English**
Food category: **Fish**



Author: **Phil Smith**

Company: **Retigo**



Program steps

Preheating: 215 °C

1

 Hot air

 0 %

 Termination by time

 00:10 hh:mm

 190 °C

 100 %



Ingredients - number of portions - 2

Name	Value	Unit
Fresh Cod	500	kg
olive oil	10	ml

Directions

Pre-heat the oven as above,

Portion the cod , leaving the skin on.

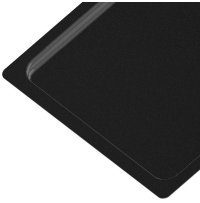
Rub the olive oil into the fish and season with salt and pepper.

Once pre-heated, place the cod skin down on to the Vision Bake tray and cook for 10 mins.

Once cooked, turn the cod and serve with the crispy skin facing up.

Serve with freshly steamed vegetables and creamed potato and a white sauce.

Recommended accessories



Vision Bake