Crispy Sea Bass

eikon e2s

02:00

This recipe is available for:
- eikon® e1s
- eikon® e2s HP (2000W)

Accessories:
e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

PROFILE

275 °C
Chilled 4°C
1 Portion
From Raw

Stage 1
02:00
100 %
100 %

RECIPE

Ingredients

550	g	Sea Bass
2	tbs	Rice Flour finely ground
1	pcs	Baking / Oil Spray
1	pinch	Salt & Pepper
2	tbs	Sweet Chilli Sauce
5	g	Coriander

1. Food Preparation
Scale and clean the fish, season with salt and pepper, bread it with the rice flour and spray it with oil. Place it on the tray.

2. Cooking Instruction
Cook as per oven profile.

3. Food Serving Instruction
Remove the cooked food from the tray, garnish with the sauce and coriander and serve.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.