


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)

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-  275 °C
-  Chilled 4°C
-  1 Portion
-  From Raw

Stage 1

-  02:00
-  100 %
-  100 %

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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.