

## Grilled Salmon Medium Rare



**eikon® e2s**

**01:30**

This recipe is available for:

- eikon® e2s HP (2000W)

Accessories:

e2s Griddled Cook Plate PSB3117 Ovens  
purchased before January 2019, DB0719 Ovens  
purchased from January 2019.

PRO  
FILE

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

Stage 1

- 00:30
- 100 %
- 65 %

Stage 2

Quarter Turn & Flip

- 00:30
- 100 %
- 45 %

Stage 3

Quarter Turn & Flip

- 00:30
- 100 %
- 30 %

RE  
CI  
PE

### Ingredients

- 170.1 g Fresh Salmon Filet, Center Cut
- 14.79 ml Oil or Cooking Spray
- 1 pinch Salt & Black Pepper

### 1. Food Preparation

Season the filet to taste with salt and pepper. Spray or oil the filet and grill plate. Place it on the plate.

### 2. Cooking Instruction

Cook as per oven profile.

### 3. Food Serving Instruction

Remove the cooked food from the plate and serve.