

Swordfish all'anconetana



eikon® e2s

 01:50





This recipe is available for:

- 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

-  01:50
-  100 %
-  30 %

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Ingredients

- | | | |
|-----|-------|-----------------------|
| 1 | tbs | Olive Oil |
| 1 | tbs | Green Olives (pitted) |
| 1 | tbs | Caperberries |
| 60 | g | Tomato Sauce |
| 10 | g | Basil (picked) |
| 5 | g | Oregano (picked) |
| 1 | pcs | Tropea Onion |
| 100 | ml | Apple Vinegar |
| 150 | g | Swordfish |
| 2 | pinch | Salt & Pepper |

1. Food Preparation

Brown the olives and capers with a drizzle of olive oil, add the tomato sauce, oregano and basil, simmer for 10 minutes. Season with salt and pepper to taste. Keep it aside. Cut the Tropea onion in wedges and cook them in the apple vinegar till soft. Keep them aside. Place the fish on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray. Trim the swordfish in bigger cubes and season them with salt and pepper. Plate the cubes on top of the sauce and garnish with the onions.