Escabeche

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

¼ celeriac

1 carrot

½ head of fennel

1 sweet pepper, red

1 onion, red

½ leek

5 tomatoes

½ bunch of parsley

1 lemon, unwaxed

Peel and finely shave the celeriac and carrot. Wash, trim and finely shave the fennel. Wash the sweet pepper and leek and cut into fine strips. Peel and finely dice the onion. Wash, destalk and finely dice the tomatoes. Chop the parsley. Wash the lemon and cut into 1 cm thick slices.

(Pre-)heat cooking space to 160 °C with Hot air + steaming

2 gilthead seabreams, each about 350 g

1 tbsp butter

Salt

Pepper

3 tbsp Olive oil

Put the vegetables and parsley in the porcelain dish and season well with salt and pepper. Wash the fish. Cut a pocket lengthways in each fish, stuff with slices of lemon and butter, season with salt and pepper. Lay the fish on top of the vegetables and drizzle with olive oil.

Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

Put the food in

Hot air + steaming 160 °C for 30 Mins

3 tbsp sherry vinegar, A milder vinegar can be used as an alternative.

Sprinkle vinegar on the cooked fish.

אביזרים

Porcelain dish ½ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019