

Tawa Macchi

eikon® e2s

01:45

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

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

- 01:45
- 100 %
- 20 %

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Ingredients

| | |
|--------|---------------------|
| 200 g | River Sole |
| 15 ml | Lemon Juice |
| 5 g | Salt |
| 15 g | Ginger Garlic Paste |
| 10 g | Mustard |
| 60 g | Mustard Oil |
| 10 g | Flour refined |
| 10 g | Red Chilli Powder |
| 8 g | Turmeric Powder |
| 10 g | Carom Seeds |
| 1 each | Egg |

1. Food Preparation

Cut the fish into 4 equal pieces. Mix all the remaining ingredients together and marinate the fish with the mixture. Chill the marinated fish for at least 1 hour. Place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.