

Fried Anchovy Snack



eikon® e1s

01:05

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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- 260 °C
- Chilled 4°C
- 1 Portion
- Partially Cooked

Stage 1

- Place the Onions
- 00:45
 - 100 %
 - 100 %

Stage 2

- Add the Anchovies
- 00:20
 - 100 %
 - 0 %

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Ingredients

- 15 g Onions White
- 15 g Onions Red
- 10 ml Oil
- 40 g Anchovies pre-fried, dried
- 2 g Chilli
- 1 pcs Lime
- 1 pinch Salt

1. Food Preparation

Cut the onions in strips and mix them with oil. Halve the lime, keep 1 half aside and squeeze the other half. Cut the chilli in strips. Place the onions on the tray.

2. Cooking Instruction

Cook the onions and anchovies as per oven profile.

3. Food Serving Instruction

Remove the food from the tray, mix the onions, anchovies, chillies, lime juice and the salt together, use the half lime as garnish and serve.