


Mackerel grilled



eikon® e2s

 01:30





This recipe is available for:

- eikon® e2s SP (1000W)




Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)




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-  275 °C
-  Chilled 4°C
-  2 Pieces
-  From Raw

Stage 1

-  00:45
-  100 %
-  100 %

Stage 2

-  00:45
-  100 %
-  0 %

R
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Ingredients

140 g Mackerel

1. Food Preparation

Cut the mackerel in two pieces and place them with the skin downside on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.