

Crispy Sea Bass

eikon® e1s

03:00

This recipe is available for:

- eikon® e1s
- eikon® e2s HP (2000W)

Accessories:

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



P
R
O
F
I
L
E

- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 03:00
- 100 %
- 100 %

R
E
C
I
P
E

Ingredients

- 550 g Sea Bass
- 2 tbs Rice Flour finely ground
- 1 pcs Baking / Oil Spray
- 1 pinch Salt & Pepper
- 2 tbs Sweet Chilli Sauce
- 5 g Coriander

1. Food Preparation

Scale and clean the fish, season with salt and pepper, bread it with the rice flour and spray it with oil. Place it on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray, garnish with the sauce and coriander and serve.