Fried red mullet with oranges and capers

Food category: **Fish**

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Company: **Retigo**

Program steps

Preheating: 230 °C

1	Combination	20 %	Termination by time	00:05 hh:mm	220 °C	100 %	

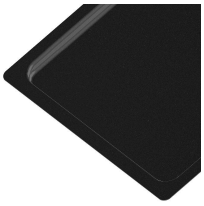
Ingredients - number of portions - 4

Name	Value	Unit
medium red mullet, scaled and gutted	4	pcs
salt	3	g
ground black pepper	1	g
semolina, for dusting	1	g
olive oil	50	ml
capers	15	g
pine nuts, toasted	5	g
chilli flakes	1	g
small handful flatleaf parsley, roughly chopped	1	g

Directions

Season the red mullet with the salt and some pepper, and dust with semolina.
Use the Retigo bake GN container, set the Retigo combi oven to a combi mode 20%, 220C for about 5 minutes until golden-brown. Transfer to a plate and keep warm.
Deglaze the pan with the orange zest and juice, then add the orange slices, capers, pine nuts, chilli flakes and parsley to the pan and warm through. Pour over the fish and serve immediately.

Recommended accessories



Vision Bake