Escabeche

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
烘烤的时间：烘烤时间取决于机器	30 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

¼ celeriac

1 carrot

½ head of fennel

1 sweet pepper, red

1 onion, red

½ leek

5 tomatoes

½ bunch of parsley

1 lemon, unwaxed

Peel and finely shave the celeriac and carrot. Wash, trim and finely shave the fennel. Wash the sweet pepper and leek and cut into fine strips. Peel and finely dice the onion. Wash, destalk and finely dice the tomatoes. Chop the parsley. Wash the lemon and cut into 1 cm thick slices.

将发酵桶预加热 热风+清蒸 到 **160 °C**

2 gilthead seabreams, each about 350 g

1 tbsp butter

Salt

Pepper

3 tbsp Olive oil

Put the vegetables and parsley in the porcelain dish and season well with salt and pepper. Wash the fish. Cut a pocket lengthways in each fish, stuff with slices of lemon and butter, season with salt and pepper. Lay the fish on top of the vegetables and drizzle with olive oil.

Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

放入食物

在 热风+清蒸 期间为 **160 30** 分钟°C

3 tbsp sherry vinegar, A milder vinegar can be used as an alternative.

Sprinkle vinegar on the cooked fish.

配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf

附加信息

创建时间	11.12.2019