



Crispy-skin barramundi with chilli jam

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制备过程 1 小时 30 分钟
烘烤的时间：烘烤时间取决于机器
份 4
电器 Comhair-Steam SE 自 2015 年

Chilli jam

1 kg tomatoes, e.g. Roma

Score the tomatoes and put them in the perforated cooking tray. Steam.

在蒸汽期间为 **100 4** 分钟°C

Skin and chop the steamed tomatoes.

½ Spanish onion

2 cloves of garlic

6 chilli peppers, long, red

2 tsp olive oil

Deseed the chilli peppers, finely chop, along with the onion and garlic, and pan-fry in olive oil.

500 g sugar

1 lime

70 ml white wine vinegar

2 tsp sea salt

Add the tomatoes and all the other jam ingredients to a pan and simmer for 1 hour.

Barramundi

4 barramundi portions, about 130 g each, skin on, deboned

Salt

2 tbsp cornflour

Pat the fish dry with a kitchen towel, sprinkle with salt and rub skin-side with cornflour.

电器预加热

将发酵桶预加热 **PizzaPlus** 到 **230°C**

2 tbsp oil





Put oil in the baking tray and then place the fish, skin-side down, in the oil. Put the baking tray into the preheated cooking space. Bake.

放入糕点

在 **PizzaPlus** 期间为 **230 8** 分钟°C

Serve the fish with the chilli jam.

配件

Baking tray

Perforated cooking tray, 430 × 370 × 25 mm

附加信息

创建时间

11.12.2019

