Gilthead seabream

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	20 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

with garlic and peperoncini oil

Gilthead seabream

4 tbsp olive oil

1 tsp mild paprika powder

1 tsp salt

2 gilthead seabream (each about 500 g)

4 sprigs of thyme

1 unwaxed lemon, cut into 8 wedges

Garlic and peperoncini oil

4 cloves of garlic, thinly sliced

2 red peperoncini, deseeded, cut into fine strips

80 ml olive oil

4 sprigs of flat-leaved parsley, chopped

1 unwaxed lemon, grated zest

1 tsp fleur de sel

Gilthead seabream

Preheat the cooking space to 200 °C using the hot air mode.

Mix the olive oil, paprika powder and salt together.

Rinse the inside and outside of the fish under cold water, then pat dry with kitchen paper. Make a 5 mm deep incision down the centre of the fish from the head to the tail. Rub the fish with paprika oil and place on a lined baking tray.

Place the thyme in the belly cavity, arrange the lemon wedges around the fish and cook in the middle shelf position for 20 minutes.

Garlic and peperoncini oil

Sweat the garlic and peperoncini in olive oil in a small pan over a medium heat until translucent. Remove the pan from the heat. Stir the rest of the ingredients into the oil.

Serving

Drizzle the garlic and peperoncini oil over the gilthead seabream and serve with the lemon wedges.

Cooking steps

(Pre-)heat cooking space to 200 °C with Hot air

Preheating finished. Put the food in.

Hot air 200 °C for 20 Mins

אביזרים

Baking tray

מידע נוסף

הופק ביום	26.01.2022