

Grilled salmon fillet



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This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Grill grate with cross pattern, non-stick coating, Flat, 3055636

PROFILE

-  Chilled 4°C
-  1 Full Tray
-  From Scratch

Stage 1
220 °C

-  Convection
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-  2
-  3

RECIPE

Ingredients

- 1.02 kg salmon fillets without skin and boneless
- 2 pcs tablespoon Olive oil
- 1 pinch salt and pepper

1. Food Preparation

Cut the salmon fillet into tranches of the desired size around 200g and season with olive oil, salt and pepper. Preheat the CONVOTHERM to 250° C together with the empty grill griddle. Place the salmon on the hot griddle, and grill it for only 4 min by 220°c Take the hot griddle with the salmon out. Turn the salmon, and let it rest outside for another 3-4 min so that the salmon reaches the core temperature inside gently.

2. Cooking Instruction

Always preheat the grill griddle for short cooking items. So, you will get better marks on the product, without overcooking it. Keep in mind, that the food will continue cooking, even after you took it out of the Convotherm. Means when you want to serve something medium. You should take it out by the stage of medium rare.

3. Food Serving Instruction

Serve the salmon with the grill mark side up, together with some nice fresh greens and some rosemary potatoes.