



UNLOCK THE MAGIC OF YOUR CONVECTION KITCHEN!
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LOW TEMPERATURE ROAST SALMON

This technique works well with any meaty fish, just take care not to hurry the searing step by turning the fish too soon, otherwise, it will stick to the pan. If your Combi-steam oven doesn't have a dedicated Low-Temperature mode then just use Combi-steam 180 - 200 degrees. For best results in a Convection oven use the Convection mode 180 - 200 degrees.

Ingredients

2 fillets of meaty fish such as salmon, halibut, sea bass or wild cod
1 tbsp unsalted butter
1 tbsp olive oil
½ lemon, juice only

Preparation

Pat the fillets dry with a paper towel and season with your preferred seasoning and a sprinkle of Kosher salt and freshly cracked pepper.

Heat the Combi-steam oven in the Low-Temperature or Combi-steam Mode 180 - 200 degrees. Or heat your Convection oven in the Convection mode to 180 - 200 degrees.

Heat an ovenproof skillet over moderate heat and when hot add the butter and oil. Carefully lay the fish into the pan and let it cook undisturbed for a few minutes. Gently lift one corner and if the fish releases easily then carefully turn each piece.

Now place the pan in the heated oven and cook for 6 - 8 minutes. Center cuts of very meaty fish may take up to 15 minutes to cook through. Don't hurry the process the results are worth waiting for.

Squeeze the lemon juice over the fish and baste with the pan juices before serving.

Serves 2

LOW TEMPERATURE ROAST OR COMBI-STEAM



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