



Taste & Technology

Sea Bream SV

Recipe number:

04.10.035

Starting material:

1000 g Sea bream, raw

Seasonings & additives:

70 g LAFINESS Avignon Free SG

522650

Processing procedure:

Marinate the sea bream in the marinade.
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +60°C for 40 minutes.

Remove the cooked sea bream from the bag and BBQ on both sides if desired.

EU Food Information Regulation:

Sea Bream, raw, rapeseed oil, table salt, seasoning, palm fat, spice extracts

Analysis:

Calorific value KJ	747 KJ
Calorific value Kcal	179 Kcal
Fat	11.7 g
Saturated fatty acids	0.5 g
Carbohydrates	0.3 g
Sugar	0.2 g
Protein	18.1 g
Sodium	0.2 g
Salt	0.6 g