



Taste & Technology

Monkfish SV

Recipe number:

04.10.055

Starting material:

1000 g Monkfish, fresh

Seasonings & additives:

70 g LAFINESS Pepper Free SG 566850

Processing procedure:

Marinate the monkfish steaks 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 +57°C for 15 minutes.

Remove the cooked monkfish steaks from the bag and BBQ on both sides if desired.

EU Food Information Regulation:

Monkfish, rapeseed oil, table salt, seasoning, palm fat, sugar, tomato powder, spice extracts

Analysis:

Calorific value KJ	475 KJ
Calorific value Kcal	114 Kcal
Fat	6.2 g
Saturated fatty acids	0.9 g
Carbohydrates	0.4 g
Sugar	0.2 g
Protein	14.0 g
Sodium	0.4 g
Salt	0.9 g