



# STEAMED CUTTLEFISH



Tested on model:  
CDT-110E



Weight before cooking:  
6.230 g  
Weight after cooking:  
3.150 g



Servings:  
10 cuttlefish



Recommended tray or  
grill:  
2 punched stainless  
steel t. GN 1/1 20 mm



Total time:  
60'

PHASE									
1		99%	100°	60'	---	---	L	NO	C
2									
3									
4									
5									
6									

## INGREDIENTS

Defrosted cuttlefish (500/600 g each): 6.500 g

## PREPARATION

Remove eyes and mouth of the cuttlefish and rinse it under fresh running water.

Preheat the oven.

Place the cuttlefish on the trays and cook following the parameters.

Use to garnish appetizers or as ingredient in fish sauces.