



# CREAMY COD



Tested on model:  
CDT-107E



Weight before cooking:  
8.400 g  
Weight after cooking:  
8.100 g



Servings:  
60



Recommended tray:  
nonstick t. GN 1/1  
20 mm



Total time:  
22'

PHASE									
1		15%	165°	10'	---	---	H	YES	C
2		0%	200°	6'	---	---	L	YES	O
3		20%	175°	6'	---	---	L	YES	C
4									
5									
6									

## INGREDIENTS

Thawed cod fillets: 2.500 g  
 Olive oil: 300 g  
 Red onion of Tropea: 1.000 g  
 Parmesan cheese: 200 g  
 Milk: 2.000 g  
 Fish broth: 500 g  
 Extra virgin olive oil: 600 g  
 Salt and pepper to taste

## PREPARATION

Start cooking programme .  
 Accurately dry cod fillets and cut them into regular cubes of about 2 cm, then peel onions and cut them into round slices about 3/4 mm thick and place them on the tray with oil and cod. Add salt and pepper and put the tray into the oven (previously heated), then proceed with the first cooking phase.

Once it is finished, add milk, broth and finish the cooking, following the parameters.

When cooking cycle is finished, remove the trays and cream with extra virgin olive oil and Parmesan cheese and let it stand for a couple of minutes.  
 If necessary, add more hot fish broth at the end of the cooking to make the dish creamy.