

Mediterranean Baked Sea Bass

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Mediterranean Baked Sea Bass



Ingredients:

1 pc (1 - 2 kg)	Sea bass
2 pcs	Potatoes (thinly sliced)
15 pcs	Cherry tomatoes (halved)
1 pc	Onion (sliced)
8 cloves	Garlic
half sliced	Lemon
1 bunch	Dill
80 ml	Olive oil
1/2 tsp each	Salt, black pepper (ground)
1 tsp	Paprika
2 tbsp	Honey

Workflow:

1. Preheat oven to 210°C in 4D HotAir mode.
2. Scale, gut, and wash sea bass; slice potatoes, soak for 15 mins, and dry.
3. Stuff onion, garlic, and dill into fish; coat sea bass and potatoes with marinade, place on baking dish.
4. Add cherry tomatoes and lemon slices, drizzle with extra olive oil. Bake at 210°C in 4D mode for 25 mins, then at 230°C for 5 mins.

Setting procedure:

4D HotAir 210°C for 25mins and 230°C for 5 mins

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