

Pike fillets baked in butter

Cuisine: Czech
Food category: Fish



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Company: Retigo





Program steps


Preheating: 235 °C


1

 Hot air


 100 %

 Termination by time

 00:12 hh:mm

 220 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
pike-fillets	2000	g
salt	25	g
mixed peppercorns	2	g
thyme	3	g
lemon peel	1	g
butter soft	55	g
5 tbsp vegetable oil	55	g

Nutrition and allergens	
Allergens: 4, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	268.4 kJ
Carbohydrate	0.6 g
Fat	11.5 g
Protein	38.1 g
Water	0 g

Directions

From the pike fillets, we cut the fillets into portions, which we salt, pepper with crushed pepper and sprinkle with chopped fresh thyme and lemon peel, Just before grilling, pour melted butter and oil over the seasoned fillets and place them on a hot grill plate in the preheated chamber of the combi oven.

Recommended accessories



Vision Express Grill