

Butter-grilled fillets of pike

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 %	
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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 pike fillets, we will cut fillets, which we will season with salt, pepper with crushed pepper, and sprinkle with chopped fresh thyme and lemon zest, These seasoned fillets will be brushed closely before grilling with melted butter mixed with oil and placed on the preheated grill plate in the convection oven.

Recommended accessories



Vision Express Grill