

Monkfish Wellington

Cuisine: English

Food category: Fish



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Company: Retigo



Program steps

Preheating: 195 °C

1	Hot air	100 %	Termination by time	00:12 hh:mm	180 °C	+ 60 %	
2	Golden touch				230 °C	+ 100 %	

Ingredients - number of portions - 8

Name	Value	Unit
monkfish tail fillets	8	pcs
plain wheat flour	200	g
butter soft	70	g
salt	1	g
freshly ground black pepper, ground	1	g
puff pastry	500	g
chicken eggs	2	pcs
smoked salmon	400	g
mascarpone	200	g
double cream	50	ml
capers	30	g
parsley	1	pcs

Directions

*monkfish tail fillets, trimmed 200g

- Sieve the flour and season it with salt and pepper. Use it to dust the monkfish fillets.
- In a skillet, sear the fish in hot butter until golden and set aside.
- To make the pâté, blend the salmon, mascarpone, cream, lemon juice, dill and seasoning. Add in the capers in the end and pulse.
- Cut the puff pastry into eight equal pieces and roll out to a large enough sheet to make a parcel around the fish.
- After the fish has cooled down brush with pâté, roll the dough around it and brush with egg. Allow the Wellingtons to rest in the fridge for 30 minutes before cooking.
- Set the oven on dry heat at 180°C, fan speed 3.
- Bake for 12 minutes, set Golden Touch function and bake for an additional 8 minutes.

Nutrition and allergens

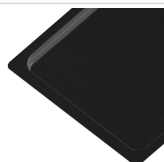
Allergens: 1, 3, 7

Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	596.8 kJ
Carbohydrate	41.7 g
Fat	39.9 g
Protein	18.4 g
Water	0 g

Recommended accessories



Vision Bake