

Baked pike with butter

Cuisine: Czech

Food category: Fish



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Company: Retigo



Program steps

Preheating: 235 °C

1 Hot air 100 % Termination by time 00:07 hh:mm 220 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
pike-fillets	1500	g
salt	25	g
mixed peppercorns	2	g
olive oil	100	ml
breadcrumbs	75	g
Lemons	100	g
parsley	10	g
Butter	100	g

Directions

We preheat the combi oven to the specified program. Portion up the pike fillets into 150g pieces. Season the fillets with salt, pepper and mix in a bowl with olive oil, chopped parsley, lemon juice and zest. Place skin side down on the baking tray, sprinkle with breadcrumbs. After preheating, place in a convection oven and bake until golden. After baking, cover with melted butter.

Nutrition and allergens

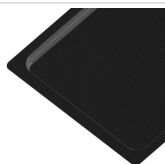
Allergens: 1, 4

Minerals: Ca, 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	476.9 kJ
Carbohydrate	6.8 g
Fat	9.2 g
Protein	29.5 g
Water	9.5 g

Recommended accessories



Vision Bake