

# Fish Parmentier

Cuisine: **French**

Food category: **Fish**



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Company: **Retigo**

## Program steps

Preheating: **90 °C**

1	Steaming		Termination by core probe temperature	63 °C	90 °C	80 %	
2	Steaming		Termination by time	00:30 hh:mm	99 °C	80 %	
3	Hot air	100 %	Termination by time	00:35 hh:mm	200 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
potatoes	1.5	kg
butter soft	45	g
crème fraîche	150	ml
Whole milk lukewarm	200	ml
fresh dill	15	g
grated Emmental cheese	150	g
cod 4x boneless fillets	1	kg
salt	10	g
freshly ground black pepper, ground	2	g

## Nutrition and allergens

Allergens: 7

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

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

Nutritional value of one portion	Value
Energy	565.6 kJ
Carbohydrate	28.9 g
Fat	9.6 g
Protein	24.9 g
Water	4.2 g

## Directions

Cook the poached cod fillets, shredding them coarsely, and add the dill.

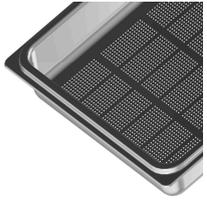
Peel and cook the potatoes in a perforated GN container.

Mash the potatoes and gradually add the butter, cream, and hot milk to obtain a smooth purée.

Butter a dish and evenly place the shredded fish with dill at the bottom, completely covering it with the potato purée.

Sprinkle with grated Emmental cheese and place in the oven.

## Recommended accessories



GN container Stainless  
steel perforated