



Fillet of zander with fresh herbs

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制备过程	20 分钟
烘烤的时间	15 分钟
时间取决于机器	
份	4
电器	Comhair SE 自 2015 年

Preparation

4 zander fillets, each 160 g

Salt

Pepper

Paprika, ground

½ bunch of parsley

½ bunch of chervil

½ bunch of basil

1 lemon, unwaxed, juice and zest

30 g butter, melted

150 ml white wine

将发酵桶预加热、顶部加热/底部加热 到 **220°C**

Finely chop the herbs. Zest and juice the lemon. Mix the herbs with the lemon juice and zest.

Season the fillets of zander with salt, pepper and paprika.

Spread $\frac{3}{4}$ of the herb mixture over the zander fillets. Fold the fillets over and lay them in the greased porcelain dish, broad-side up. Sprinkle the remaining herbs over the top. Pour the melted butter and white wine over the fillets.

Place the dish on the wire shelf in the preheated cooking space. Bake.

放入食物

在 顶部加热/底部加热 期间为 **220 15 分钟°C**





配件

Porcelain dish 1/3 GN

Wire shelf

