Zug-style fillet of perch

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

Preparation

600 g perch fillets

butter, for greasing the baking tray

Salt

Pepper

Grease the porcelain dish with butter. Put the fillets of fish into the buttered porcelain dish and season with salt and pepper.

将发酵桶预加热 湿热风 到 **140 °C**

½ tbsp plain flour

50 ml white wine

180 ml cream

1 tbsp dill tips

1 tbsp tarragon

Finely chop the tarragon and dill. For the sauce, stir the flour together with the white wine until smooth, stir in the cream and herbs and season with salt and pepper. Spread the sauce over the fillets of fish. Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

放入食物

在 热风 期间为 **140 20** 分钟°C

配件

Porcelain dish ½ GN

Wire shelf

附加信息

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