Fillet of zander with fresh herbs

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	15 Mins
מנות	4
התקן	Combair SEP from 2015

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

(Pre-)heat cooking space to 220 °C with Top/bottom heat

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 ¾ 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.

Put the food in

Top/bottom heat 220 °C for 15 Mins

אביזרים

Porcelain dish ⅓ GN

Wire shelf

מידע נוסף

הופק ביום	13.09.2024