Zug-style fillet of perch

Recipe by V-ZUG Ltd.



Preparation	20 Mins
Cooking time	20 Mins
Portions	4
Appliance	Combair SEP from 2015

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.

(Pre-)heat cooking space to 140 °C with Hot air humid

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.

Put the food in

Hot air 140 °C for 20 Mins

Accessories

Porcelain dish ½ GN

Wire shelf

Additional information

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