

# Pike fillets baked in butter

Cuisine: Czech

Food category: Fish



Author: Vlastimil Jaša

Company: Retigo



## Program steps

Preheating: 235 °C

1 Hot air 100 % Termination by time 00:12 hh:mm 220 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
pike-fillets	2000	g
salt	25	g
colored pepper	2	g
thyme	3	g
lemon peel	1	g
butter	55	g
vegetable oil	55	g

## Nutrition and allergens

Allergens: 4, 7

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

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	268.4 kJ
Carbohydrate	0.6 g
Fat	11.5 g
Protein	38.1 g
Water	0 g

## Directions

From the pike fillets, we cut the fillets into portions, which we salt, pepper with crushed pepper and sprinkle with chopped fresh thyme and lemon peel,  
Just before grilling, pour melted butter and oil over the seasoned fillets and place them on a hot grill plate in the preheated chamber of the combi oven.

## Recommended accessories



Vision Express Grill