

Baked pike in butter

Cuisine: Czech
Food category: Fish



Author: Vlastimil Jaša

Company: Retigo



Program steps

Preheating: 235 °C

1

 Hot air

 100 %

 Termination by time

 00:07

hh:mm

 220 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
pike-fillets	1500	g
Salt	25	g
colored pepper	2	g
Olive oil	100	ml
breadcrumbs	75	g
Lemon	100	g
	10	g
Butter	100	g

Directions

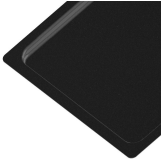
We preheat the combi oven to the specified program. Portion 150g from pike fillets. Season the fillets with salt, pepper and mix in a bowl with olive oil, chopped parsley, lemon juice and zest. Place skin side down on the baking sheet, sprinkle with breadcrumbs. After preheating, place in a convection oven and bake until golden. After baking, cover with melted butter.

Nutrition and allergens

Allergens: 1, 4
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, Kyselina listová

Nutritional value of one portion	Value
Energy	159.7 kJ
Carbohydrate	6 g
Fat	1.1 g
Protein	29.3 g
Water	0 g

Recommended accessories



Vision Bake