

Fish Parmentier

Cuisine: **French**

Food category: **Fish**



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Company: **Retigo**

Program steps

Preheating: 90 °C

1	Steaming		Termination by core probe temperature	63 °C	90 °C	80 %	
2	Steaming		Termination by time	00:30 hh:mm	99 °C	80 %	
3	Hot air	100 %	Termination by time	00:35 hh:mm	200 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
potatoes	1.5	kg
butter soft	45	g
crème fraîche	150	ml
Whole milk lukewarm	200	ml
fresh dill	15	g
grated Emmental cheese	150	g
cod 4x boneless fillets	1	kg
salt	10	g
freshly ground black pepper, ground	2	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	565.6 kJ
Carbohydrate	28.9 g
Fat	9.6 g
Protein	24.9 g
Water	4.2 g

Directions

Cook the poached cod fillets, shredding them coarsely, and add the dill.

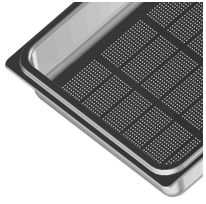
Peel and cook the potatoes in a perforated GN container.

Mash the potatoes and gradually add the butter, cream, and hot milk to obtain a smooth purée.

Butter a dish and evenly place the shredded fish with dill at the bottom, completely covering it with the potato purée.

Sprinkle with grated Emmental cheese and place in the oven.

Recommended accessories



GN container Stainless
steel perforated