

Rolled Fillet of Plaice with Red Pepper



37:30

This recipe is available for:

- Convotherm mini

Accessories:

- 1/1 GN Granite enamelled tray, 40 mm deep, 3004034

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Raw

Stage 1
165 °C

- Steam
- 00:06 | 55 °C

RECIPE

Ingredients

- | | |
|---------|---------------------|
| 1 pcs | Plaice Fillet |
| 1 pcs | Red Pepper 1/4 |
| 1 pinch | Salt |
| 1 pinch | Ground White Pepper |

1. Food Preparation

Fillet & skin the fish & line with roasted red pepper and seasoning, roll up and secure with a cocktail stick.

2. Cooking Instruction

Lay on tray and place into a preheated oven.

3. Food Serving Instruction

Serve with Roasted Baby Leeks, Parsley Potato Balls and a white wine & parsley sauce.