

# 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<br>Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn<br>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.

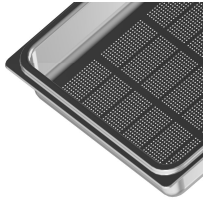
Peel and cook the potatoes in a perforated GN container.

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