

Burbot with parmesan and sweet pepper.

CUISIMAGES

Ref :
2004

Type :
Fish

Preparation :
15 mn
Rest :

Cooking :
25 mn

Cost :


Difficulty :


Origin :




For 2 persons

- 400 g tail of burbot
- 1 green pepper
- 1 zucchini
- 50 g butter
- 2 tablespoons flour
- 1 egg
- 30 g Parmesan
- Salt and pepper



Wash and remove seeds from sweet pepper. Cook 10 min in boiling water.

Wash zucchini and slice finely. Steam them in a vapour basket over a high heat. Cook 15 min.



Cut the burbot into 4 sections. Salt and pepper.

Cover fish with flour.



Beat the egg and cover the pieces of burbot.

Cover with grated Parmesan.



In a frying pan, melt $\frac{3}{4}$ of butter and cook the pieces of fish.

Cook on soft fire for 8 min, turn on the other face and cook 8 min more.



Peel sweet peppers and mix.

Salt, pepper.

Add the remainder butter and mix.

Serve burbot with mashed sweet pepper, and zucchini.



Recommandation
Variante
Wine

Serve hot.

Quincy