



# Sea bass en papillote

食谱作者 V-ZUG 瑞族



|              |                     |
|--------------|---------------------|
| 制备过程         | 20 分钟               |
| 烘烤的时间        | 12 分钟               |
| 时间：烘烤时间取决于机器 |                     |
| 份            | 4                   |
| 电器           | Combair SE 自 2015 年 |

## Preparation

- 2 tomatoes
- 1 sweet pepper, green, long
- 1 onion, red
- 1 lemon
- 4 sea bass fillets, each about 130 g
- 4 bay leaves
- ¼ bunch of Parsley
- 4 tbsp butter
- Salt
- Pepper

Blanch, peel and slice the tomatoes. Cut the sweet pepper into fine strips. Peel, halve and slice the onion. Wash the lemon and use a lemon zester to remove thin strips of zest from the lemon. Coarsely chop the parsley. Mix all the vegetables (apart from the tomato) together, add the the lemon zest and parsley and season with salt and pepper.

将发酵桶预加热 热风 到 **200 °C**

Spread out four large sheets of baking paper. Spread a few slices of tomato the size of the sea bass on one half of the sheet of baking paper and put a layer of vegetables and a bay leaf on top. Place a fillet of sea bass atop each bed of vegetables.

Season the sea bass fillets with salt and pepper. Finally, place a knob of butter on the fish.

Fold the top half of the baking paper over the bottom half and seal the edges together.

Place the sea bass parcels on the baking tray and put this into the preheated cooking space. Cook.

放入食物

在 热风 期间为 **200 12 分钟°C**

## 小费

The tomatoes can be peeled using the blanching tomatoes function in EasyCook, if available.





## 配件

---

Baking tray

## 附加信息

---

创建时间 11.12.2019

