

Sous vide pike-perch with lemon butter

Author: Frank Buchholz
Preparation time: 15 minutes
Cooking time: 12 minutes



Ingredients

For 4 servings

4 filets of pike-perch, 120 g each
1 handful picked Verbena leaves
1 segmented Amalfi lemon
100 g Butter
Mild olive oil
Sea salt
Sugar

Preparation

Season the pike-perch filets with salt, place them in a sous vide vacuum bag. Slightly crush the verbena leaves and add them to the sous vide bag. Add a good dash of olive oil and vacuum. Depending on the thickness of the filets, cook the pike-perch in the **fusionchef** sous vide water bath at 60 °C for 10-12 minutes.

In the mean time heat the butter until brown and frothy. Put the filets into the butter until they turn golden. Remove the fish and place the lemon segment and some verbena leaves into the butter. Let them steep. Season with a pinch of salt and pepper.

Arrange the pike-perch and sprinkle with lemon butter.

This recipe was generously provided by Frank Buchholz. Image: © fotofund / Fotolia.com