



OVEN-BAKED PIKE PERCH



RECIPE BY FRIDA RONGE

AWARD-WINNING CHEF AND
CULINARY DIRECTOR.

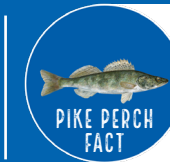


COOKING TIME
30 MINS



SERVING
2

CAN'T FIND SUSTAINABLE PIKE PERCH OR ZANDER LOCALLY? TRY THIS DELICIOUS RECIPE FROM AWARD-WINNING SWEDISH CHEF FRIDA RONGE WITH ANY OTHER WILD, WHOLE, WHITE SUSTAINABLY CAUGHT FISH, SUCH AS HADDOCK OR HAKE.



LIGHT AND TENDER, PIKE PERCH IS POPULAR IN FISH DISHES ACROSS SCANDINAVIA AND EUROPE.

INGREDIENTS

- 1 whole MSC certified pike perch (or any similar whole white fish), approx. 1.5-2kg
- 100g butter
- 100ml of dry white wine
- ½ lemon
- 2 echalion (banana) shallots
- Salt
- 2 spring onions
- 1 fennel
- 4 slices of sourdough bread
- 600g potatoes



and remember to look for the blue fish label



METHOD

1. Preheat the oven to 210 degrees (gas mark 8). Place the fish in foil in an oven-proof dish. Fold up the edges of the foil, cut the butter into small cubes, cut the shallots into 4-5 pieces, and add.
2. Split the fennel and lemon into 4 segments. Peel the potatoes and cut them into 2-3 pieces and add them to the fish. Add salt and pour the wine over the fish.
3. Bake in the oven for 20-25 minutes. The fish should have an inner temperature of 50-55 degrees (if you use another type of fish, the cooking time needs to be altered accordingly).
4. Finely chop the spring onions and sprinkle over the fish after cooking.
5. Pan-fry or toast the bread.
6. Serve straight from the ovenproof dish and dip the bread in the sauce.