FISH BURGER WITH CAPERS



Menù Ingredients

100 g Pane grattugiato senza glutine - Q61
10 g Fiokki - Fiokki Potato Flakes - PC0
5 g Capperini in olio extra vergine di oliva - Small Capers in Extra-virgin olive oil - XG7
q.b. Profumoro - Profumoro Herbs Salt - P81X

Ingredients

200 g fillets of mixed fish (perch, sea bass, sea bream)
to taste parsley

Chef: Monica Copetti

Method

For 2 burger

Blend the fish in the food processor and stir in the Fiokki instant mashed potatoes, salt and pepper. Add the chopped capers and shape the burgers. Roll the burgers in breadcrumbs flavoured with Profumoro herb salt and parsley.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 62°C
Time: 15 minutes
Before serving, brown in a pan.

Gluten Free Method

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