

FISH BURGER WITH SAMPHIRE



Chef: Monica Copetti

Method

For 1 burger

Blend the fish in the food processor and stir in the Fiokki instant mashed potatoes and Èsalicornia samphire. Season with salt and pepper and shape the mixture into burgers. You can also mix the fish with Fiokki instant mashed potatoes, salt and pepper, shape the burgers, and finally add the Èsalicornia samphire in the centre.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 62°C

Time: 15 minutes

Before serving, brown in a pan.

Menù Ingredients

20 g Fiokki - Fiokki Potato Flakes - PC0

30 g Èsalicornia - Samphire - WM1X

Ingredients

salt and pepper

100 g fillets of mixed fish (perch, sea bass, sea bream)