SEA HAMBURGER



Chef: Monica Copetti

Gluten Free

Menù Ingredients

40 g Mezzoro - XC1

40 g Patate pronte al naturale - Potatoes naturally preserved, ready to serve - Z62

40 g Pesto di agrumi - Citrus Pesto - BO7

40 g Piselli fini lessati - Boiled Baby Peas - UC3

q.b. Pane grattugiato senza glutine - Q61

Ingredients

salad

fresh tomato

pepper

salt

thyme

lemon peel

100 g pasteurized eggs

chopped parsley

600 g codfish fillet

gluten free grated bread

40 g Sauce remoulade

Method

Clean the codfish fillets. Put them in the mixer adding lemon peel, parsley, thyme, salt and pepper.

Form the burgers by using a food-ring. Dust them in flour, then roll in eggs and finally in grated bread. Fry them in boiling oil.

Use gluten free bread, and complete the hamburgers by using Citrus Fruit Pesto, green salad and fresh tomato.

Serve with Remoulade sauce, fine peas, Mezzoro and potatoes.

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