



FISH FILLET IN STEAMED ONIONS



QimiQ BENEFITS

- Pure indulgence with less fat
- Acid, heat and alcohol stable
- Enhances the natural taste of added ingredients



15



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE FISH FILLETS

- 600 g** Fish fillet
- Lemon juice
- Salt and pepper
- 20 g** Butter
- 2 tbsp** Olive oil

FOR THE STEAMED ONIONS

- 125** QimiQ Cream Base
- 600 g** Onion(s), finely sliced
- 50 g** Butter
- Salt
- 150 ml** Water
- Dill, chopped

METHOD

1. Season the fish fillets with the lemon juice, salt and pepper and allow to draw for 10 minutes. Fry on both sides in the butter and olive oil mixture.
2. Fry the onions in butter, season with salt, add the water, cover and allow to simmer for 5 minutes at low heat until completely soft.
3. Finish with the QimiQ Cream Base (previously QimiQ Sauce Base). Serve immediately with the fried fish decorated with dill.