

Fish parcels with prunes

Preparation :
15 minutes

Cooking time :
15 minutes

Difficulty :
Easy



Photo : Photothèque BIP



SERVES 4



INGREDIENTS

- 3 fish fillets (whiting, trout or sole)
- a few strips of very finely sliced Emmenthal cheese
- 12 « extra-large » pitted Agen prunes
- 1 onion
- 1 glass of white wine
- Thyme, bay leaf, salt and pepper

PREPARATION

Spread out the three fish fillets flat on a chopping board and cut each one into 4 equal strips.

Put the Emmenthal cheese on top, and place a prune in the centre of each piece of fillet.

Roll and tie carefully with string.

Chop the onion and soften in a little oil. Add the parcels of fish.

Pour over the white wine. Season and add the spices. Cook in a medium oven for 15 minutes



Agen prunes come from plum trees, in particular the Ente plum variety, and are grown in a defined area around the town of Agen.