

RECIPE: FISH FILLETS WITH TOMATOES, SHALLOTS AND CREAM

BAKING

All-purpose flour, 2.23 oz.

DAIRY

Unsalted butter, 1 oz.

Heavy cream, 2.14 oz.

FISH & SHELLFISH

Fish, 4 (4 to 6 ounce) fillets

SPICES & SEASONINGS

Sea salt, 0.11 oz.

Black pepper, 0.08 oz.

Dried thyme, 0.21 oz.

VEGETABLES

Shallot (large), 1

Tomato, 11.25 oz.

Fresh parsley, 0.27 oz.

WINE

White wine, 3 fl oz.