

Flounder fillet with vanilla juice with the thermomix

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800g fillet of flounder
150 g of cream
100g white wine
3 tablespoon smell of diluted fish in water 300g
1/2 vanilla bean
1/2 lemon

**800g fillet of flounder
<span it**

Cooking an easy and quick recipe with a flavorful fish in the Thermomix TM31, TM5, and TM6 :

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Put the white wine in the Thermomix bowl and reduce it by 2/3 by programming 8 minutes at 100°C, speed 3. Remove the measuring cup.

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Add the fish stock, 1/2 vanilla pod, cream, and juice of 1/2 lemon, and program 8 minutes at 100°C, speed 3.

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Roll the lemon sole fillets and place them on the Varoma tray, then program 20 minutes at Varoma temperature, speed 2.

Serve this fish in the Thermomix immediately. Enjoy this simple, quick, and delicious Thermomix recipe with a vanilla flavor. Yum ;)