



QimiQ AVANTAGES

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INGRÉDIENTS POUR 10 PORTIONS

125 g	QimiQ Base crème, non réfrigéré
200 g	Zanderabschnitte_Parties de sandre,
100 g	Spinat,
4 g	Sel
10 g	Jus d'un citron
4 cl	Pernod [Anislikör]
	Koriander, getrocknet, moulues
600 g	Zanderfilet, enthäutet
200 g	, enthäutet
500 g	
200 g	, eingeweicht
200 g	Lentilles de montagne, eingeweicht
100 g	Oignon(s) rouge(s) , haché
50 ml	Huile d'olive
40 g	Ail, haché
250 ml	Vin blanc
500 ml	Eau
80 g	Lauch, coupé
80 g	, pelée
160 g	Aubergine, pelée
120 g	Pleurotes du panicaut, coupé
	Sel, selon le goût
2 g	Poivre noir, fraîchement moulu
10 g	Persil, haché

PRÉPARATION

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