



PERCH FILLET IN SAFFRON AND LEEK SAUCE

QimiQ BENEFITS

- 100% natural, contains no preservatives, additives or emulsifiers
- Acid, heat and alcohol stable
- Creamy indulgent taste with less fat



15



easy

Tips

Boiled potatoes and a salad with a low-fat dressing are recommended as side dishes.

INGREDIENTS FOR 4 PORTIONS

600 g Perch fillet

Salt and pepper

Lemon juice

2 tbsp Sunflower oil

FOR THE SAFFRON AND LEEK SAUCE

400 g Leek, cut into strips

0.5 Onion(s), finely chopped

1 tbsp Das Beste vom Lande, Butter

2 tbsp White wine

150 ml Clear vegetable stock

1 pinch(es) Saffron

125 g QimiQ Classic, chilled

Salt and pepper

Dill

METHOD

1. Season the perch fillets with the lemon juice, salt and pepper and allow to draw. Carefully fry the fish fillets in oil on both sides.
2. Blanch the leek in salted water, drain and set aside.
3. For the sauce, fry the onion in butter until soft. Add the white wine, vegetable stock and saffron and cook for a few minutes.
4. Add the leek, season to taste and finish the sauce with cold QimiQ Classic. Sprinkle with dill and serve with the perch fillets.