



WILD CHAR FILLET WITH POLENTA SLICES AND ASPARAGUS RAGOUT



QimiQ BENEFITS

- Smooth and creamy consistency in seconds
- Acid stable and does not curdle
- Emulsifies with all types of fat



30



easy

Tips

Sauce Hollandaise can be refined with oranges instead of lemons.

INGREDIENTS FOR 10 PORTIONS

FOR THE POLENTA SLICES

- 500 g** QimiQ Cream Base
- 500 ml** Milk
- 120 g** Butter
 - Salt and pepper
 - Ground nutmeg, ground
- 260 g** Polenta [maize semolina]
- 4** Egg(s)
- 120 g** Parmesan, grated
 - Vegetable oil, to fry

FOR THE ASPARAGUS RAGOUT

- 1 kg** White asparagus, peeled, cooked
- 100 g** Red onion(s), finely sliced
 - Butter, to fry
 - Salt and pepper

FOR THE WILD CHAR FILLET

- 10** Char fillets 160 g each
 - Salt and pepper
 - Olive oil, to fry

FOR THE LEMON HOLLANDAISE SAUCE

- 125 g** QimiQ Cream Base
- 60 ml** White wine
- 4** Egg yolk(s)
- 300 g** Clarified butter
- 2** Lemon(s), juice only
 - Salt and pepper

TO GARNISH

- 400 g** Cherry tomatoes, braised
- 80 g** Rocket salad
- 20 g** Chervil

METHOD

1. For the polenta slices: bring the QimiQ Sauce Base to the boil with the milk and butter and season to taste. Stir in the polenta and simmer for approx. 5 minutes. Allow to chill.
2. Stir in the eggs and Parmesan and spread onto a baking sheet lined with baking paper. Bake in a preheated oven at 160 °C (air circulation) for approx. 10 minutes. Allow to chill.
3. Slice the cold polenta and fry in butter on both sides.

4. For the asparagus ragout: cut the asparagus into pieces and sauté with the red onions in butter. Season to taste with salt and pepper.
5. For the wild char fillet: season the wild char fillets with the salt and pepper and fry skin side down in hot olive oil until crispy.
6. For the lemon hollandaise sauce: bring the white wine to the boil and reduce by half.
7. Using an immersion blender, blend the QimiQ Sauce Base with the egg yolks until smooth. Slowly add the clarified butter whilst stirring continuously.
8. Add the white wine reduction and mix well. Season to taste with the salt and pepper.
9. Arrange the wild char fillet with the polenta slices, asparagus ragout and lemon hollandaise sauce. Garnish with the braised cherry tomatoes, rocket salad and chervil.