



FLAMED CATFISH

QimiQ **BENEFITS**



Tips

Sprinkle with herbal oil (e.g. brook cress oil) and garnish with fresh herbs or cress

INGREDIENTS FOR 4 PORTION

FOR THE CATFISH

4 Catfish fillet(s), à 160 g
Salt and pepper
Olive oil

FOR THE ONION CONFIT

300 g Red onion(s), brunoise
30 g Butter
20 g Sugar
165 ml Red wine
65 ml Grenadine syrup
65 ml Balsamic vinegar, dark
4 g Salt
1 g Thyme
1 piece(s) Bay leaf
10 g Corn flour / starch
1 g Orange zest
3 g Lemon peel

FOR THE SMOKED ALPINE BUTTER NAGE

250 g QimiQ Cream Base
125 g Smoked fish stock
125 g Smoked alpine butter

FOR THE CRUNCHY SCHÜTTELBROT

200 g Butter
300 g Alpine spiced rye flat bread
Salt and pepper

TO GARNISH

Herb oil (e.g. cress oil)
Fresh herbs or cress

METHOD

1. For the catfish: season the fillets with salt and pepper and drizzle with olive oil. Bake in the oven at 100 ° C (convection) on a baking sheet for about 12 minutes. The fillets should have a core temperature of approx. 50 ° C. To finish, flame the cooked fillets with a bunsen burner.
2. For the red onion confit: allow the sugar, butter and onions to caramelize in a saucepan and deglaze with red wine. Pour on the grenadine syrup and vinegar and reduce until there is almost no liquid left. Add the spices as well as the orange and lemon zest and season to taste. To thicken, mix the cornstarch with a little water and stir into the mixture. Bring it to the boil again briefly. Fill jars while still hot and seal. Boil the confit in the oven at 100 ° C (convection) with plenty of steam for about 25 minutes.

3. For the smoked alpine butter nage: briefly bring the QimiQ Cream Base with the smoked fish stock to the boil. Mix in the cold butter with a hand blender.
4. For the crunchy alpine spiced rye flat bread: cut the alpine spiced rye flat bread into small pieces. Melt the butter in a large saucepan and brown slightly. Mix the breadcrumbs with the butter, roast them at a low temperature for approx. 1 hour until crispy and season with spices as desired.
5. Plating: Place the red onion confit in the middle of the plate and place the smoked alpine butter nage around it. Place the flamed fillet on top of the confit. As a highlight, garnish the fillet with the crispy alpine spiced rye flat bread. Our tip: Garnish the plate with herb oil (e.g. cress oil) and fresh herbs and cress.