



BROOK TROUT MILLEFUILLE WITH BUTTERNUT SQUASH, BEURRE BLANC AND PARSLEY

QimiQ BENEFITS



45



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE FISH

4 Brook trout fillets, 120 g each

400 g QimiQ Marinade

FOR THE PUMPKIN

500 g Butternut squash

Salt

FOR THE BEURRE BLANC

125 g QimiQ Cream Base

50 g Shallot(s)

10 g Pepper corns

5 g Bay leaves

100 g White wine

75 ml White wine vinegar

25 g Lemon juice

200 g Butter

Salt and pepper

FOR THE PARSLEY GEL

200 Vegetable stock

3 g Agar agar

100 g Parsley puree (from Paco Jet)

Salt and pepper

FOR THE PARSLEY OIL

100 g Parsley puree (from Paco Jet)

200 g Olive oil

Salt and pepper

METHOD

1. Peel, cut and salt the pumpkin very lightly. Place the slices on top of each other, vacuum seal and marinate overnight.
2. Place the brook trout fillet (boneless and skinless) into the prepared QimiQ marinade (water ratio 1:9) with 3% salt added. Marinate the fish for 45 minutes, remove and drain.
3. Place three slices of pumpkin on top of each other and cut to the size of the fish fillet. Place the fish on top and cover with 3 more slices of pumpkin.
4. Spread olive oil onto a plate. Place the millefeuille in the middle and brush with olive oil. Cover the plate with cling film. Cook gently in a warming draw at 58 °C for approx. 30 - 40 minutes.
5. **For the parsley gel**
 1. Bring the stock to the boil with the agar-agar and remove from the heat.
 2. Add the remaining ingredients and season to taste. Cool until it gels. Mix finely with the hand blender.
 3. Pour into a piping bag.
6. **For the parsley oil**

1. Place all the ingredients into a Thermomix and mix at low speed at approx. 55 °C for 6 - 7 minutes.

2. Strain through a sieve.

3. Season with salt and pepper.

4. Pour into an iSi bottle.

7. **For the Beurre Blanc**

1. Place the shallots, peppercorns, bay leaves, white wine, vinegar and lemon juice into a saucepan and bring to the boil. Reduce to approx. 120 ml and strain.

2. Add the butter and using a stick blender create a creamy consistency.

3. Season to taste.

4. Keep warm in a hot water bath at approx. 65 °C.

8. Cut the brook trout fillet lengthwise down the middle. Serve with the Beurre Blanc and decorate with parsley oil and gel.