



WILD CHAR IN A VEGETABLE AND HERB FOND



QimiQ BENEFITS

- Smooth and creamy consistency in seconds
- Enhances the natural taste of added ingredients
- Creamy indulgent taste with less fat



15



easy

INGREDIENTS FOR 10 PORTIONS

10 Char fillets 160 g each

Salt

Pepper

Olive oil, to fry

FOR THE FOND

500 g QimiQ Sauce Base

400 g Potatoes, peeled

400 g Kohlrabi, peeled

200 g Onion(s), finely chopped

1.2 litre(s) Vegetable stock

20 ml Olive oil

Salt

Pepper

Nutmeg, grated

Caraway seeds, ground

Bay leaf

200 g Radishes, cut into segments

80 g Mixed herbs, finely chopped

METHOD

1. For the fond: dice the potato and kohlrabi into 1 cm cubes.
2. Lightly fry the potato and onion in oil. Add the kohlrabi and vegetable stock. Season to taste, bring to a boil and cook until the potatoes are tender to the bite.
3. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved. Add the radishes and finish with the herbs.
4. Season the char and fry with the skin side down until almost cooked through. Turn over, flash fry and serve immediately with the fond.