



# ALPINE SALMON STEAKS WITH ASPARAGUS, NETTLE CREAM AND SALAD FROM RUDOLF AND KARL OBAUER

## QimiQ BENEFITS

- All natural, contains no preservatives, additives or emulsifiers
- Acid, heat and alcohol stable
- Binds with fluid - no separation of ingredients
- Creamy indulgent taste with less fat



25



easy

## INGREDIENTS FOR 6 PORTIONS

<b>600 g</b>	White asparagus, peeled
	Salt
<b>tsp</b>	Sugar
<b>tbsp</b>	Olive oil
<b>6</b>	Wild salmon steaks, 150 g each
<b>100 g</b>	Sorrel
	Arugula [Rocket leaf] (optional)
<b>50 g</b>	Bean or bamboo shoots
<b>4 tbsp</b>	Apple balsamic vinegar
	Lemon juice
<b>tbsp</b>	Hazelnut oil
	Peanut oil (optional)

## FOR THE NETTLE CREAM

<b>150 g</b>	Nettle tips
	Salt
<b>4 tbsp</b>	Olive oil
<b>1</b>	Garlic clove(s)
<b>250 g</b>	Sour cream 15 % fat
<b>50 g</b>	QimiQ Classic
<b>1 tsp</b>	Horseradish paste
<b>pinch(es)</b>	Salt and pepper
<b>pinch(es)</b>	Cayenne pepper

## METHOD

1. For the nettle cream, blanch the tips in salted water for approx. 4 minutes. Quench with ice cold water and allow to drip dry. Place in a bowl with 60 ml of the water used for blanching, olive oil, crushed garlic, sour cream, QimiQ Classic, horse radish, salt, pepper and cayenne pepper and blend smooth. Chill.
2. Peel the asparagus and cook in lightly salted and sugared water for approx. 10 minutes and quench with ice cold water. Preheat the oven to 430° F.
3. Heat olive oil in an oven proof pan. Fry the salmon steaks on one side, turn over and finish in the hot oven for approx. 10 minutes.
4. Marinate the washed salad with salt, vinegar, lemon juice and oil.
5. Remove the fish from a pan and place on a kitchen towel to drain. Arrange on a plate with the asparagus and nettle cream and serve with the salad as a side dish.