



PIKEPERCH WITH NETTLE CREAM AND BELL PEPPER LENTILS FROM RUDOLF AND KARL OBAUER



QimiQ BENEFITS

- Acid, heat and alcohol stable
- Binds with fluid - no separation of ingredients
- Creamy indulgent taste with less fat



25



medium

INGREDIENTS FOR 4 PORTIONS

600 g Pike perch fillet
AP Flour, coarse grain

1 Egg(s)
Brown bread, crumbled

3 tbsp Clarified butter
Lovage (optional)
Basil (optional)

FOR THE NETTLE CREAM

100 g Nettle tips
50 ml Olive oil
1 Garlic clove(s)
50 g Sour cream 15 % fat
50 g QimiQ Classic
Wasabi paste
Salt

FOR THE LENTILS

100 g Red lentils
Chicken stock
2 Green bell pepper(s)
1 tbsp Butter

METHOD

1. For the nettle cream, blanch the tips in salted water for approx. 4 minutes. Drain (keep some cooking water on one side), quench with ice cold water and squeeze off excess water.
2. Place in a bowl with oil, crushed garlic, 60 ml of the water used for blanching, sour cream and QimiQ Classic. Blend smooth and season to taste with salt and wasabi.
3. Wash the lentils in cold water. Cook until soft and drain.
4. Chop the pepperoni and fry in hot butter with salt. Add the lentils and season with salt before serving.
5. Portion the pike perch into 4 or 8 equally sized pieces. Cover the skin side only with flour, whisked egg and bread crumbs.
6. Melt clarified butter in an oven proof dish. Place the pike perch into the dish with the breaded side down and fry for a few minutes. Turn over and finish in a hot oven at 390° F (fish should be shiny in the middle, approx. 8-12 minutes cooking time).
7. Serve the pike perch on the lentils with the luke warm nettle cream. Garnish with strips of lovage or basil.