



BLACK SALSIFY AND FISH SOUFFLÉ



QimiQ BENEFITS

- Alcohol stable and does not curdle
- Bake stable
- Reduces moisture migration
- Full taste with less fat content



25



easy

INGREDIENTS FOR 12 PORTIONS

500 g QimiQ Classic, room temperature

1 kg Black salsify, peeled, diced

120 g Butter

250 ml White wine

500 ml Water

Salt

20 ml Lemon juice

4 Egg(s)

30 g Corn starch

3 cl Pernod [Aniseed liqueur]

Salt

Black pepper, freshly ground

Nutmeg, ground

30 g Mixed herbs, fresh

80 g Red bell pepper(s), diced

40 g Black olives, finely chopped

240 g Salmon fillet, diced

120 g Pike perch fillet, diced

METHOD

1. Sauté the black salsify in butter.
2. Douse with the white wine and add the water. Season with salt, add the lemon juice and cook until the vegetables are soft the liquid has disappeared.
3. Blend the soft black salsify and allow to cool.
4. Place the 800 g of salsify puree, QimiQ Classic, eggs, corn flour, Pernod, spices and herbs into a mixer and blend until smooth.
5. Fold the red peppers, olives and fish into the mass.
6. Fill the mixture into the muffin moulds and bake in a preheated oven at 350 °F (air circulation) for approx. 30 minutes.