



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 6 PORTIONS

250 g QimiQ Classic, room temperature

500 g Black salsify, peeled, diced

60 g Butter

125 ml White wine

250 ml Water

Salt

Lemon juice, from 1 lemon

2 Egg(s)

15 g Corn starch

2 cl Pernod [Aniseed liqueur]

Salt

Black pepper, freshly ground

Nutmeg, ground

15 g Mixed herbs, fresh

40 g Red bell pepper(s), diced

20 g Black olives, finely chopped

120 g Salmon fillet, diced

60 g Pike perch fillet, diced

METHOD

1. Sauté the black salsifies in butter.
2. Douse with the white wine and add the water. Season to taste and add the lemon juice. Allow to simmer until the liquid has evaporated.
3. Puree the cooked black salsifies and allow to cool.
4. Preheat the oven to 350 °F (air circulation).
5. Mix 400 g of the black salsify puree with the QimiQ Classic, eggs, starch, pernod, spices and herbs until smooth.
6. Fold in the peppers, olives and diced fish.
7. Fill the mixture into muffin molds and bake in the preheated oven for approx. 30 minutes.
8. Serve with black salsify and orange fillets.