



ARCTIC CHAR FILLET WITH PINEAPPLE AND WASABI CRUST ON CREAMED LENTILS



QimiQ BENEFITS

- Alcohol stable and does not curdle
- Full taste with less fat content
- Smooth and creamy consistency in seconds



25



medium

Tips

We recommend cooked green asparagus and fried mushroom as a side dish.

INGREDIENTS FOR 10 PORTIONS

FOR THE CREAMED LENTILS

350 g	QimiQ Sauce Base
100 g	Shallot(s), finely sliced
40 g	Garlic, finely chopped
80 ml	Olive oil
300 g	Beluga lentils, soaked for 24 hours
250 ml	White wine
	Salt
	Black pepper, freshly ground
	Nutmeg, ground
	Cilantro / coriander, fresh

FOR THE CHAR FILLET

1.6 kg	Arctic char fillet(s), boned
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FOR THE PINEAPPLE AND WASABI CRUST

500 g	QimiQ Sauce Base
240 g	Cream cheese
20 ml	Olive oil
60 g	Wasabi paste
150 g	Tinned pineapple, drained, diced
60 g	White bread crumbs
1 g	Curcuma, dried
15 ml	Lemon juice
	Salt
	Black pepper, freshly ground

METHOD

1. For the creamed lentils: fry the shallots in the olive oil until translucent. Add the soaked and drained lentils and fry until glassy.
2. Douse with the white wine and reduce. Cook with a closed lid until the lentils are tender. Add the QimiQ Sauce Base and season to taste. Sprinkle with the chopped coriander before serving.
3. For the crust: whisk the QimiQ Sauce Base with the cream cheese until smooth. Add the remaining ingredients and season to taste.
4. Portion the char fillet, season and fry slowly on the skin side. Remove from the pan. Place the fish skin side down onto the baking sheet and spread with the crust mixture.
5. Bake in a preheated oven at 410 °F until golden brown.
6. Place each char fillet on top of a portion of lentils to serve.