



# ARCTIC CHAR FILLET WITH ORANGE FENNEL VEGETABLES, BEETROOT COULIS AND CORIANDER MAYONNAISE



## QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Binds with oil
- Quick and simple preparation
- Longer shelf life without loss of quality



15

## INGREDIENTS FOR 10 PORTIONS

- 10** Arctic char fillet(s), à 180 g
- 1** Olive oil, to roast

## FOR THE BEETROOT COULIS

- 250 g** QimiQ Sauce Base
- 200 g** Red beet(s), cooked
- Salt and pepper
- 1** Garlic clove(s)

- 1 small pinch(es)** Caraway seeds, ground

## FOR THE CORIANDER MAYONNAISE

- 250 g** QimiQ Classic, room temperature
- 120 ml** Sunflower oil
- 1 tsp** Mustard
- Salt and pepper
- 20 g** Cilantro / coriander, minced
- 0.5** Orange(s), juice and finely grated zest
- 1 shot** Vinegar

## FOR THE ORANGE FENNEL VEGETABLES

- 4** Fennel
- 4** Orange(s), cut into fillets
- Olive oil, to fry

## METHOD

1. For the beetroot coulis: place the beetroot into a mixing beaker with the remaining ingredients and blend smooth using an immersion blender. Season to taste with salt and pepper.
2. For the coriander mayonnaise: whisk the unchilled QimiQ Classic smooth. Slowly whisk in the sunflower oil. Add the remaining ingredients and mix well. Season to taste with salt and pepper.
3. For the orange fennel vegetables: thinly slice the fennel and lightly sauté in hot olive oil. Season with the spices to taste and add the orange fillets.
4. Roast the arctic char fillets in hot olive oil skin side down until golden brown and serve with the orange fennel vegetables, beetroot coulis and coriander mayonnaise.