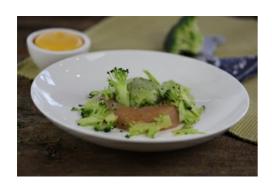


ARCTIC CHAR FILLET - SWEET POTATO -BROCCOLI FROM ROMAN WURZER



QimiQ BENEFITS

- Enhances the natural taste of added ingredients
- Longer presentation times without loss of quality
- Quick and easy preparation



INGREDIENTS FOR 10 PORTIONS

THE RESIDENTS FOR 20 FOR HORS	
FOR THE BROCCOLI FLAN	
110 g	QimiQ Sauce Base
350 g	Broccoli, blanched
70 g	Egg white(s)
80 g	Broccoli, minced
40 g	Butter, melted
FOR THE SWEET POTATO ESPUMA	
200 g	QimiQ Sauce Base
600 g	Sweet potatoes, steamed and peeled
200 ml	Vegetable stock
100 ml	Peanut oil
10 g	Curry powder
FOR THE MARINADE	
50 ml	Sushi vinegar
20 ml	Lime juice
20 g	Simple syrup
30 ml	Peanut oil
80 ml	Sunflower oil
10 ml	Soy sauce
FOR THE BROCCOLI	
100 g	Broccoli, shavings
FOR THE ARCTIC CHAR FILLET	
10	Arctic char fillets à 120 g, halved

METHOD

- 1. Backofen auf 95 °C (Umluft) vorheizen.
- 2. For the broccoli flan: mix the ingredients together well and season to taste. Fill into greased molds and steam at 200 °F for approx. 15 minutes.
- 3. For the sweet potato espuma: peel the sweet potatoes and mix with the remaining ingredients in a Thermomix at 170 °F. Pour into an iSi Gourmet Whip, screw in one charger and shake well.
- 4. For the marinade: mix the ingredients together well and marinade the broccoli with half of the mixture.
- 5. Marinade the arctic char fillets with the remaining marinade and serve with the broccoli flan, sweet potato espuma and marinated broccoli.