



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

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.