



Almond and herb crusted filet of zander with cauliflower puree



Ingredients

400g zander file, skinned and boned
2 tbsp olive oil
100g butter, room temperature
3 tbsp diced shallots, blanched
4 tbsp chopped mixed herbs (e.g. parsley, estragon, chervil, basil, etc.)
35g panko crumbs (breadcrumbs from an Asian food shop)
1 lime, grated rind
3 tbsp almonds, roasted and finely chopped
salt

Ingredients cauliflower puree

1 large cauliflower, washed and cut into florets
3 tbsp butter
1 pinch fleur de sel

Preparing

Cream the butter. Mix in all the other ingredients and season to taste. Make a roll from the mixture, wrap it in tin foil and cool in the fridge. Cut the zander file into four portions, season with salt and fry briefly in olive oil on both sides. Brush an ovenproof dish with olive oil, place the zander filets in it and cover with slices of the herb crust. Gratinat for 6 minutes on the Hot Air setting at 200 °C.

Cooking Level

After preheating 6 minutes | Hot Air 200 °C



Anrichten

Preparation

Vacuum pack the cauliflower, butter and fleur de sel. Cook until soft on a 100 °C steam setting, about 25 minutes. Mix into a fine puree, season and serve with the fish.

Cooking level cauliflower puree

After preheating

25 minutes | Steam 100 °C

Tip

You can mix the puree with half a litre of vegetable stock and serve as a fine soup.