



Char Escabeche – Patato Vinaigrette



Preparing the char

Fillet the char and pluck out the bones. Blanch the spinach for a short while, then place it in the middle of a char fillet. Dust with the transglutaminase powder and cover the second fillet. Pack well in cling film and leave in the fridge for 5 minutes. Unpack the fish and place in the escabeche sauce for 45 minutes. After 45 minutes, remove the fish from the sauce and place in the herbal oil.

Preparing the escabeche sauce

Mix together all of the ingredients.

Preparing the herbal oil

Mix together all of the ingredients.

Rezept für 4

Ingredients for the char

1 char
20 g mini spinach
5 g transglutaminase

Ingredients for the escabeche

sauce

130 ml white balsamic
vinegar
500 ml water
35 g salt

Ingredients for the herbal

oil marinade

Fresh parsley
Dill
Verbena
Basil
Coriander
Olive oil
Mustard seeds and
peppercorns
1 clove of garlic
Zest from 1 lemon



Preparing the potato vinaigrette

Finely slice the vegetables into a brunoise. Make a light caramel with the sugar and deglaze with the balsamic vinegar. Add the potato and reduce the mixture all together until the potato starch begins to bind. Allow to chill. Stir the olive oil into the mixture and add the remaining raw brunoise vegetables. Finely chop the chives and add them. Season with salt and pepper.

Ingredients for the potato

vinaigrette
2 potatoes, peeled
1 shallot
1 celery stalk
1 spring onion
15 g sugar
60 g white balsamic
vinegar
15 g olive oil Chives