



Char with watermelon radish and beurre blanc



To prepare the marinade

Fillet the char with a sharp knife, remove the bones and the skin. To make the marinade, dissolve the salt and sugar in cold water, and stir in the other ingredients. Marinate the cleaned char fillets in the marinade for approx. 1 hr., depending on their size.

To prepare the lovage oil

To make the lovage oil, blend all of the ingredients in the Thermomix at 80 °C until smooth and cool as quickly as possible over an ice bath while stirring continuously. Pass the cold mixture through a fine sieve and chill (ideally overnight) in a tall container so that the liquid settles at the bottom. You can then skim the clear green oil off the top.

Rezept für 4

Ingredients for the marinade

4 char fillets
1 500 g water
100 g sugar
100 g salt
Dill, parsley, peppercorns, coriander seeds, fennel seeds, bay leaves

Ingredients for the lovage oil

300 g oil
100 g lovage
50 g spinach leaves

Ingredients for the beurre blanc

5 shallots
500 ml Riesling
100 g Noilly Prat
1 l chicken stock
500 ml cream
Salt, pepper, tarragon, butter

Ingredients for the dark soy sauce

50 g lemon juice
50 g soy sauce
50 g sweet chilli
50 g honey
5 g oyster sauce



To prepare the beurre blanc

Sweat the shallots in butter, cover with the Noilly Prat and Riesling, reduce by a little over half. Pour in the chicken stock and cream, and simmer for a further 30 mins. Add the tarragon and leave to infuse, strain, season to taste with salt and pepper, add a little butter if necessary.

To prepare the dark soy sauce

To make the marinade, bring all of the ingredients to the boil, strain, season to taste and chill.

To prepare the dill cream

Remove the dill from the chunkier stems. Blend the chicken stock, balsamic, sugar and dill until smooth. Add the sunflower oil slowly while stirring, like when making mayonnaise. Season to taste with salt and pepper.

To prepare the watermelon radish

Cut the watermelon radish into 1 mm slices, cut out circles, make a small incision in each slice running from the centre to the edge, marinate with a little white balsamic, olive oil and salt, and shape into small cornets. Leave to stand for approx. 30 mins.

Ingredients for the dill cream

50 g dill
100 g chicken stock
100 g white balsamic
40 g sugar
420 g sunflower oil
salt, pepper

Ingredients for the watermelon radish

1 watermelon radish
white balsamic, olive oil,
salt