



# Dolphin fish tatar, sesame salt, roast Jerusalem artichoke, Cironé cream and lemon zests



## Preparing the dolphin fish tatar

Cut the dolphin into a rough tatar. Season with lemon peel, sesame, olive oil and Fleur de Sel.

## Preparing the roast Jerusalem artichoke

Wash the Jerusalem artichoke well. Cut into slices of the same size. Warm the olive oil in a pan, add the artichoke slices and brown lightly. Add the lemon peel and season with salt and pepper. Put the artichoke onto a baking tray covered with baking paper and cook on a hot air setting for 14 minutes at 185 °C.

## Rezept für 4

### Ingredients for the dolphin fish tatar

160g of filet of dolphin fish  
½ lemon, the peel grated  
off  
1 tablespoon of roasted  
sesame  
1 tablespoon of olive oil  
Fleur de Sel

### Ingredients for the roast Jerusalem artichoke

2 small Jerusalem  
artichokes  
1 tablespoon of olive oil  
½ lemon, the peel grated  
off  
Salt, pepper

### Ingredients for the Cironé cream

40g of Cironé cheese  
(Swiss hard cheese), finely  
grated  
25g of milk  
25g of water  
1 pinch of turmeric  
1 egg, whisked  
Salt and pepper



### Preparing the Cironé cream

Mix the grated Cironé with milk, water and turmeric and heat until the Cironé has dissolved. Stir in the egg then heat the mixture, stirring continuously, until it thickens then separates. Put into a bowl and leave to cool in the fridge. Once it has cooled, mix heavily with an egg whisk and season with salt and pepper.

### Preparing the Jerusalem artichoke pickle

Bring everything to the boil apart from the Jerusalem artichoke and leave to simmer for 10 minutes. Wash the artichoke well then slice finely using a mandolin. Sieve the pickle stock and pour over the artichoke leaves.

### Anrichten

## Serving

Use a ring to form a round-shaped tatar. Add 3 dabs of Cironé cream followed by the roast Jerusalem artichoke. Open the pickles and position. Possibly garnish with lemon zest.

# Cooking level for the roast Jerusalem artichoke

With preheat

14 minutes | hot air setting at 185 °C

### Ingredients for the Jerusalem artichoke pickle

100g of white wine vinegar  
70g of water  
2 tablespoons of sugar  
1 teaspoon of salt  
1 lemon, the peel grated off  
1/2 teaspoon of turmeric powder  
1 tablespoon of coriander  
sesame  
2 tablespoons of sesame, roasted  
1 Jerusalem artichoke