



# Fjord Trout Chirashi



## Preparing the marinade

Combine all the ingredients to form a marinade.

## Preparing the fjord trout fillet

Evenly dice the fjord trout fillets and marinate. Slice the green mango, cucumber, sushi ginger & the nori seaweed sheets into fine strips. Finely slice the spring onions in the same way.

## Preparing the sushi rice

Cover the rice with water and steam in the Combi-Steam MSLQ at 100 °C for approx. 14 minutes. Then marinate the rice with rice vinegar, sugar and salt.

## Preparing the soya gel

Boil the soya sauce thoroughly with the agar agar for approx. 2-3 minutes, following this allow it to cool and mix gently.

## Rezept für 4

### Ingredients fjord trout fillet

260 g fjord trout fillet  
1 bunch of spring onion  
1 green mango  
Sushi ginger  
20 g red rice  
20 g nori seaweed sheets  
½ cucumber

### Ingredients marinade

100 ml water  
100 g light miso paste  
Juice and zest of 1 lemon

### Ingredients sushi rice

100 g sushi rice  
120 ml water  
Rice vinegar  
Salt, sugar

### Ingredients soya gel

100 ml soya sauce  
1.2 g agar agar

### Ingredients wasabi mayonnaise

100 ml vegetable stock  
40 g wasabi  
2 g xanthan gum  
20 g egg white and 300 ml vegetable oil  
Salt  
Lemon juice



### Preparing the wasabi mayonnaise

Combine the vegetable stock with the wasabi, thicken with xanthan gum and beat in the egg white and vegetable oil using a whisk. Season to taste with salt and a little lemon juice.

### Preparing the gochujang vinaigrette

Bring the sake to the boil, add the gochujang paste, season to taste with lime juice, honey and a little salt. Add the freshly sliced shallots and slightly thicken with a little xanthan gum. Boil the red rice and leave to dry overnight, then deep fry in hot fat and allow to puff out.

### Anrichten

## To serve

Place the sushi rice in the middle of the plate and arrange the remaining components decoratively on top.

## Cooking level for the sushireis

With Preheat

14 minutes | Steam setting at 100 °C

### Ingredients gochujang vinaigrette

100 ml sake  
1 tbsp gochujang paste  
5 limes  
Honey  
A little salt  
1 shallot  
A little xanthan gum  
20 g roasted sesame, white and black