



Lightly cooked trout with raw vegetables and avocado crème



Preparation – Trout

Season trout with fleur de sel and pepper. Place on a plate and drizzle lightly with olive oil. Vacuum-seal and cook until soft on Steam 55 °C for about 4 minutes.

Preparation – Vegetables

Chop raw kohlrabi however you like and marinate with pak choi in vinegar, olive oil and herbs. Grate raw broccoli, season with a little lemon zest, salt and pepper. Boil pak choi briefly in a spicy stock. Marinate a few raw pak choi leaves.

Preparation – Avocado Crème

Halve avocado, remove stone and scrape out flesh with a spoon. Add other ingredients and blend in a food processor until a smooth and a fine texture is achieved.

Rezept für 4

Ingredients – Trout

2 fresh trout, filleted
and skinned (remove
bones using fine tweezers)
Olive oil
Fleur de sel
Pepper

Ingredients – Vegetables

1 kohlrabi
A little vinegar
A little olive oil
Herbs, e.g. estragon, basil,
chervil, coriander
1 broccoli
1 untreated lemon,
grated zest of
Salt, pepper
Pak choi

Ingredients – Avocado Crème

1 avocado
2 tbsp yoghurt
1 tbsp lemon juice
2 tbsp fresh estragon
1 tbsp fresh basil
Salt, pepper



Anrichten

Settings trout

With preheat

4 minutes | Steam 55°C

Serving suggestion

Arrange on plate as a vegetable landscape.