



Sumac-glazed Zander, Rose Beetroots, Sour- Cherry Salsa



Rezept für 4

Ingredients – Zander

500 g zander fillet without skin,
cut in 4 equal-sized pieces
60 ml teriyaki sauce
1 tbsp ginger, finely chopped
1 tbsp honey
1 tbsp mustard
1 tbsp sumac
1 pinch star anise, ground
1 pinch cayenne pepper
½ tsp lemon juice

Ingredients – Rose Beetroots

2 beetroots, peeled and cut into very thin slices
200 ml water
200 ml red wine vinegar
200 g sugar
1 cm ginger, peeled and sliced
1 tsp each mustard seeds and peppercorns
4 tbsp rosewater

Preparation Zander

Bring all ingredients for the glaze to the boil and simmer on a low heat to thicken. Coat the zander with a little glaze and vacuum-seal. Cook on Steam 62 °C for 8 minutes. Take out of bag, place on a baking tray and brush with glaze for about 2 minutes. Glaze on Hot Air for 2 minutes.

Preparation – Rose Beetroots

Mix water, vinegar, sugar, ginger, mustard seeds, peppercorns and bring to boil, add the beetroot slices with the rosewater. Season to taste with salt and pepper. Take from heat and leave until cold.

Preparation – Sour Cherry Salsa

Zucker und Essig aufkochen. Alle anderen Zutaten dazugeben und bei geringer Hitze ca. 20 Minuten köcheln lassen. Mixen und mit Rosenwasser und Fischeisessauce abschmecken.



Anrichten

Settings Zander

With preheat

8 minutes | Steam 62 °C

Serving suggestion

Arrange beetroot slices and zander on plate. Garnish with salsa, maybe beetroot puree and bread or crackers.

Ingredients – Sour Cherry Salsa

200 g sour cherries,
stoned

50 g sugar

50 g raspberry vinegar

1 red chilli, deseeded and
finely diced

½ red onion, finely diced

1 tsp ginger, finely
chopped

Rosewater and Vietnamese
fish sauce for seasoning