Beetroot zander with lime fennel

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Resting time	2 Hrs
Cooking time	20 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Lime fennel

200 g fennel bulb

½ lime, filleted

½ lime, juice

30 ml olive oil

1 pinch of sugar

1 pinch of coriander, ground

Salt

Pepper

Finely shave the fennel using a mandolin and place in a vacuum bag together with the other ingredients. Season with salt and pepper. Vacuum seal the bag on level 3. Leave to rest in the refrigerator for at least 2 hours.

Fleur de sel

Open the bag with the lime fennel, transfer the contents to a mixing bowl, then season with fleur de sel.

Beetroot zander

4 zander, each 120 g

50 ml beetroot juice

40 g butter

4 Szechuan peppercorns

Pat the zander fillets dry and put into a vacuum bag together with the beetroot juice, half the butter and the Szechuan peppercorns, vacuum seal on level 2. Keep chilled in the refrigerator (or freezer) until shortly before cooking.

Place the bag in the perforated cooking tray and then put the tray into the cold cooking space. Steam.

Put the food in

Steaming 62 °C for 20 Mins

Open the bag. Carefully sieve the liquid into a small saucepan, stir in the other half of the butter to make a creamy sauce.

Arrange the zander fillets on a plate and serve with the lime fennel. Pour on the sauce.

עצות

The zander fillets can be stored for several days in the marinade.

Blow torching the zander fillets creates a delicious roasted aroma.

Serve with fennel purée. For the fennel purée, steam 300 g fennel and 200 g potatoes, then finely purée.

אביזרים

Perforated cooking tray

Vacuum bag

מידע נוסף

הופק ביום	11.12.2019