

Zander with parsnips by restaurant

ERTLIO
NAMAS
RESTORANAS



Ingredients:

FISH

- 150 g zander fillet
- 50 g brown butter
- 20 g salt
- 200 g water
- 25 g sour cream
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VEGETABLES

- 50 g carrot (two varieties)
- 20 g red onion
- 100 g fish broth

PARSNIO CREAMP

- 200 g parsnips
- 50 g brown butter
- Salt to taste

SAUCE

- 300 g fish broth
- 50 g parsnips, chopped
- 100 g sour cream
- Salt to taste



Step-by-step:

FISH

- Clean the zander fillet of skin and bones and form nice pieces, 80 g each. Grind the remaining pieces of zander with the sour cream.
- Season the zander cream with salt.
- Soak the zander pieces in 10% salt solution for 8 min.
- Cover the zander fillet with the brown butter and bake at 60 degree (!) for 5–6 min.
- Once it's done, carefully cover the pieces with the zander cream and bake for another 3 min.
- Wash and chop the vegetables.
- Then add salt and boil the vegetables in the fish broth for 5 min.
- Bake the uncleaned parsnips at 200° for about 20 min.
- Remove the parsnips from the oven, clean the skin and cut into small pieces.
- Put the parsnips in a blender and cover with boiling brown butter. Blend until combined and season with salt.
- Boil the fish broth with the parsnips and sour cream for 1 hour on low heat.
- Then blend with a mixer and season with salt. Strain the mixture and pour into a siphon. If you don't have a siphon, you can simply serve it with the zander.
- Serve the zander with vegetables parsnip cream.