

Crispy char fillet

Quick & easy to prepare: Enjoy a crispy fried char fillet with scalloped sweet potatoes and creamy parsnip puree! This quick feast promises pure indulgence!

Zutaten
4 Portionen

500 g Char fillet
2 Sweet potatoes (approx. 700 g)
400 g Parsnips
2 EL Grill & Fondue Mustard
6 EL Classic frying oil
80 g Goat's cream cheese
1 TL Ras El Hanout
Nutmeg powder
30 g Butter
100 ml Milk
1 Garlic clove
200 g wild broccoli
100 ml Vegetable broth
20 g Cranberries, dried
Sea salt, fine-grained
Pepper
Pea sprouts
Cress
Lime or lemon zest to taste

Zubereitung

Peel the sweet potatoes and cut into 12 slices, each one centimeter thick. Peel and chop the parsnips. Preheat the oven to 200 °C top/bottom heat.

Mix 2 tbsp Byodo Grill & Fondue Mustard with 2 tbsp Byodo Classic Frying Oil and a little salt. Brush the sweet potato slices with the mixture and place on a baking tray. Crumble the goat’s cream cheese onto the sweet potatoes and place the tray in the oven for approx. 25 minutes.

Meanwhile, prepare the parsnip puree. To do this, cook the parsnips in salted water until they are soft. Drain and season with ras el hanout, a little nutmeg powder and salt. Add the butter and warmed milk and mash finely using either a potato masher or a hand blender. Season to taste again and keep warm.

Cut the char fillets into eight equal pieces and season with salt and pepper on both sides. Heat 2 tablespoons of classic frying oil in a pan. Press the garlic clove with the skin on and add to the pan. First fry the fish fillet on the skin side until crispy, then fry briefly on the other side until done.

Prepare the broccoli in another pan at the same time. Heat 2 tablespoons of frying oil and fry the broccoli in it. Then add a little salt. Deglaze with vegetable stock and cook with the lid closed until al dente.

Remove the sweet potato slices from the oven and sprinkle with chopped cranberries. Arrange everything together on plates. Finally, garnish with cress and pea shoots. Add lemon or lime zest to the char fillets as desired.



For a great brushstroke effect with the parsnip puree, use a clean silicone brush and simply spread the puree onto the plate. Before the next plate, clean the brush again and proceed in the same way.