




☆☆☆ | 30 min

Main course

Poached ocean perch

with caviar and horseradish cream

Ingredients to serve 4

400 g of ocean perch filet	1/2 lemon
4 laurel leaves	3 TBSP of curd cheese
10-15 juniper berries	Zest of 1/2 lemon
2 cloves	Zest of 1/2 orange
Some chopped parsley	1 TSP of horseradish
1 sprig of rosemary	1 pinch of sugar
1 sprig of thyme	2 TBSP of caviar
1 sprig of sage	Mache, chives and carrot for garnish
10 peppercorns	
1 TSP of mustard seeds	



The ocean perch ...

To poach the fish, bring 2 liters of water to boil in a large low rise pot. Turn the heat down to low after the water boils and simmer for 10 minutes with the laurel leaves, juniper berries, cloves, parsley, rosemary, thyme, sage, peppercorns and mustard seeds in it. Place the ocean perch, cut into 12 equally sized pieces carefully into the liquid and poach for 4-5 minutes (important: do not boil the fish under any circumstances). To finish, add some lemon juice.

The curd cheese sauce ...

Mix together the curd cheese, lemon and orange zest as well as the horseradish. Add the sugar. Fold in the caviar if desired and to taste. Finish plating by adding a few mache leaves, chives and carrot for garnish.

