
Horseradish-Crusted Salmon Fillet

(for four persons)



Ingredients:

For the Marinade

4 g sea-salt
1 Tsp lemon juice
1 Tsp olive oil

For the Horseradish Crust

2 Tsp sour cream
1 ½ tsp lemon juice
½ tsp. freshly ground sea-salt
 and black pepper
1 ½ Tsp fresh horseradish
25 g whole grain toast

For the Saffron Fish Sauce

½ medium-size onion
2 tsp. Butter
1 ½ Tsp. organic rice flour
1 Juniper berry
1 Bay leaf
1/2 tsp. sea-salt
1 Freshly ground pepper
100 ml Pinch saffron
100 ml whole milk
 fish stock (s. recipe)

Preparation

- For the fish marinade combine sea salt and lemon juice, stirring constantly until salt is completely dissolved, add olive oil.
- Rub the marinade onto the fillets and season with pepper. Place salmon fillets on greased baking sheet.
- Finely grate the horseradish for the horseradish crust,
- Combine sour cream with lemon juice, season to taste with sea salt and pepper, add the horseradish and blend until smooth.
- Dissolve in 1 tsp saffron threads in hot liquid and add to the sauce.
- Finely grate whole grain toast and combine with horseradish cream.
- Spread approx. 1 ½ tablespoons of the horseradish mixture evenly. Drizzle liquid butter over the fish fillets.
- For the saffron sauce, finely chop the shallot and sauté in the butter (do not brown).
- Sauté together with the rice flour (do not brown mixture).
- Add in cold milk and fish stock and bring to a boil, stirring constantly. Add bay leaf and salt, season with pepper to taste.
- Bake fish fillets at 150 ° C (fan) 10-15 min.
- Dissolve Saffron threads with one tsp. hot liquid and add to sauce.
- Simmer sauce over low heat for 3-5 minutes, then place in warm water (double boiler) and let it simmer for another 10-20 min.
- Puree the mixture, season, and pass through a fine sieve.

As a vegetable side dish, we recommend broccoli florets, and wild rice or whole wheat noodles.

Fish Stock (or fumé)

(Basic Recipe for approx. 100 ml)

Ingredients:

50	<i>Fish pieces and bones, with heads (gills removed)</i>
10 g	<i>Onion</i>
10 g	<i>Carrots</i>
10 g	<i>Celery</i>
10 g	<i>Leek</i>
100 ml	<i>Water</i>
	<i>Garlic, lovage, smooth Parsley, bay leaf, pepper, Salt, juniper berries, allspice, Carnation, fresh dill</i>

Preparation

- The cleaned, diced vegetables and the spices fry without oil in a pot, without being brown.
- Fish sections add, boil slowly, and let stand about 30 to 45 minutes at the boiling point.
- After 15-min. boiling, add herbs
- The broth carefully salt through a sieve or cloth
- Tip: fish stock salt only before further processing.