

Lake Constance Pike fillet on bed of vegetable

(serves 4)



Ingredients

For the pike fillet

600g	<i>pike fillet filleted without bones</i>
1 tbsp	<i>Olive oil</i>
1 tbsp	<i>Lemon juice</i>
½ tsp	<i>sea salt, pepper freshly ground</i>
½ tsp	<i>sea salt, pepper freshly ground, nutmeg freshly grated</i>
¼ tsp	<i>Curry powder</i>
4 pinches	<i>Fennel seeds freshly ground</i>
1 tsp	<i>Clarified butter</i>

Preparation

- Portion the pike fillet in 4 x 150g. • Add the olive oil, lemon juice and sea salt stir to make a marinade.
- Add pepper, curry powder and fennel seeds.
- Spread the fish fillets with the marinade and leave for about 1 hour.
- • Heat the clarified butter in a pan and fry the fish fillets on both sides about 2 minutes over medium heat.

Vegetable from the Wok with Herb Rice

(serves 4)



Ingredients

200g	Sugar snaps
100g	Young carrots
180g	Soy sprouts
2 medium	Spring onions
1 small	Garlic clove
¼ tsp	Chilli pepper, curry powder, pepper freshly ground
2 pinches of	Carob bean gum
100 ml	Coconut milk
1tbsp	Soy oil

Preparation

- remove the threads from the sugar snaps, cut the carrot into very thin slices
- Blanch the vegetables until firm, rinse with cold water.
- Cut the spring onions diagonally into 2-cm pieces and chop the garlic clove
- Halve the chili pepper, remove the seeds, and chop finely
- Stir the locust bean gum under the coconut milk.
- Heat the soybean oil in the wok, simmer the spring onions and the garlic stirring constantly.
- Add the remaining vegetables and spices, fry for 1 min.
- Pour in the coconut milk, bring to the boil
- preferably whole grain rice season, season to taste, only use a little salt.