



Roasted pikeperch on mountain lentils with mustard foam and potato rissolée

Recipe for 4 portions

Mountain lentils (ca. 50 min)

100	g	lentils
2	pc.	shallots
1	pc.	bay leaf
2	pc.	clove
		parsley
		thyme
0,3	l	vegetable broth
1	pc.	star anise
2	pc.	garlic

50	g	bacon cubes
50	g	carrot cubes
50	g	celery cubes
1	tsp	tomato paste
1	tsp	balsamic vinegar
1	tsp	Dijon mustard
		marjoram
		pepper, salt

Mustard foam (ca. 30 min)

1	pc.	shallot
3	Tbsp	vinegar
100	ml	white wine
300	ml	cream
50	g	butter
		mustard
		salt, pepper, cayenne

Potato rissolée

300	g	pealed potatoes
		oil to fry
		salt

Filet of pikeperch (ca. 10 min)

4	pc.	boneless filet of pikeperch
4	slices	bacon, belly
2	Tbsp	butter
1	pc.	untreated lemon
		pepper, salt

Wash lentils and drain water. Put in a pot cover them with water and boil for 5 min, drain again. Boil lentils, 1 finely chopped shallot, garlic (mashed), half the parsley, thyme, bay leaf and clove in the vegetable broth for 40 min. , then add salt.

Roast bacon cubes with vegetables, remaining shallots, garlic and the remaining herbs. Add tomato paste and roast for another minute. Add lentils, season with salt and pepper and finish with Dijon mustard and balsamic vinegar.

Slowly boil white wine, vinegar and shallot (reduction). Add cream, butter and spices, sieve liquid. Last but not least add the mustard, then mix with a hand blender to get the foam.

Cut potatoes in 1 by 1 cm cubes and fry them in oil until golden brown, finish with salt.

Roast filets of pikeperch for 5 min on skin side. Drain Oil. Flip fish and roast shortly on meat side in butter. Season with salt, pepper and lemon. Roast bacon and serves a decoration.

