



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	

## Nutrition value

Energy	135 kcal
Carbohydrates	1 g
BE	0.1
Protein	21 g
Fat	5 g
Potassium	337 mg
Phosphate	242 mg
Sodium	182 mg
Water	92 ml

All nutritional information per serving.  
This corresponds to 1/4 of the total recipe.

## 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.

