

ZANDER

(PIKE PERCH)

*fried in butter and served with
sauté potatoes, parsnip purée,
spring onions, fried marinated
onions & nage sauce*



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For 4 servings

Ingredients:

2 whole zander fillets
butter for frying
salt and pepper

1 kg potatoes
butter for frying
salt og pepper

1 parsnip
2 dl cream
salt and pepper

2 spring onions

1 onion
1 red onion
4 carrots
3 dl white wine
ground coriander
50 g butter
salt and pepper

2 small onions
0.4 dl vinegar
400 g sugar
0.2 dl water

Preparations:

Cut the zander fillets into quarters and fry in butter for just 2 minutes on the skin side, as the skin quickly becomes brittle. Then turn the fish over and fry for approx. 2 minutes on the other side. Season with salt and pepper.

Peel the potatoes, boil for 10 min., allow to cool and then brown in butter. Season with salt and pepper.

Parsnip purée: Cook the parsnip, and then blend in the cream and season with salt and pepper.

Chop the spring onions roughly and sprinkle them over the dish before serving.

Nage sauce: Finely chop the onions. Cut the carrots into small pieces. Bring the onions, carrots, white wine and coriander to a boil, reduce to one-half. Gradually stir in the butter and season with salt and pepper.

Marinade to prepare the day before:

Mix the vinegar, sugar and water and bring to the boil. Allow to cool down. Cut the onions into wedges, add to the liquid and leave to marinade for one day. Then sear the onions on one side in a pan.

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*Danish family-owned fish farming
with over 100 years of experience*

We produce and supply fresh zander from Danish aquaculture in consistently top quality throughout the year. Our zander comes from sustainable fish farming with recirculation systems using fresh clean water from our own well. We refer to it as luxury quality with a green profile, and we are proud of our unique zander. The fish meat has a fine structure and firm consistency, and tastes out of this world. *Bon appétit!*