

ZANDER

(PIKE PERCH)

*Hot smoked –
on wheat kernels
with lettuce and dill*



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For 4 servings

Ingredients:

400 g zander fillets

½ tbsp. salt

Smoke oven / grill (BBQ)
+ smoke chips

50 g wheat kernels

Lettuce - eg. Frillice

2 tbsp. mayonnaise

2 tbsp. natural yogurt

Salt and pepper

Fresh dill as garnish

Preparation:

Preparation the day before:

Cut the zander fillets into 4 pieces, spread ½ tbsp. salt on the fish and keep it refrigerated until use.

Smoke the fish in a smoke oven / grill in two stages of approx. 7 minutes - with a rest time of 10 minutes. The fish

should be golden and ready to eat (must not be raw).

Boil 1 dl. water with some salt, add the wheat kernels and cook it for 5 minutes. Let it draw in the pan until the water is gone.

Pluck the lettuce leaves and put it into cold water.

Rinse the dill in cold water and chop it finely (save some sprigs for garnishing).

Stir the mayonnaise and yogurt, add the finely chopped dill – and season with salt and pepper.

Serve the zander on lettuce leaves and wheat kernels, arrange the mayo-yogurt sauce around the fish and garnish with dill sprigs.

Serve with bread and butter.

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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!*