



## ZANDER MENUS

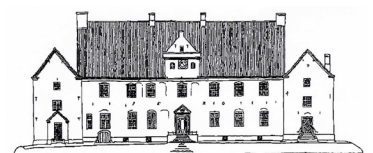
Marinated zander with avocado,  
red bell pepper, chives  
and sour cream



Zander parcels, steamed in parchment  
with autumn vegetables  
and herbs



Hot smoked zander on  
wheat kernels with  
lettuce and dill



# MARINATED ZANDER WITH AVOCADO

*Starter for 4 servings*

Marinated zander with avocado,  
red bell pepper, chives  
and sour cream



## *Ingredients:*

½ dl cream  
1 lemon  
1 tbsp. red bell pepper, diced (2 x 2 x 2 mm)  
1 tsp. oil  
300 g zander fillets  
salt and pepper  
1 large avocado  
2 tbsp. finely chopped chives  
Fennel top / fresh dill as garnish

4 molds, diameter 7 cm

## *Preparations:*

1. Stir 1 tbsp. lemon juice into the cream and let it stand for one hour, without stirring (save the rest of the lemon juice).
2. Mix the diced bell pepper and oil in a small ovenproof dish and bake in the oven at 100 °C for 30 minutes, – chill.
3. Dice the zander fillets (5 x 5 x 5 mm). Mix the diced zander with the rest of the lemon juice as well as salt and pepper. Let the zander marinate for 30 minutes.
4. Dice the avocado (5 x 5 x 5 mm) and mix it with the marinated zander.
5. Add the finely chopped chives and the chilled pepper – add extra salt and pepper if necessary.
6. Place the molds on 4 plates and fill the marinated zander mix into the molds. Stir the cream, which is now soured. Drip sour cream around the dish and garnish with fennel top or fresh dill. Remove the molds just before serving.

Serve with bread and butter.

*Bon appétit!*



# ZANDER, BAKED WITH VEGETABLES

Main course for 4 servings

Zander parcels, steamed in parchment with autumn vegetables and herbs



## Ingredients:

- 700 g zander fillets
- 1 leek
- 1 parsley root / parsnip
- 1 carrot
- 1/10 celeriac
- 100 g butter
- Herbs, e.g. chervil / parsley / dill
- Salt and pepper
- 4 pieces of baking paper (25 x 40 cm)

## Preparations:

1. Clean the vegetables and cut them into thin strips (1,5 x 1,5 x 70 mm).
2. Pluck the herbs and rinse in cold water.
3. Cut the zander fillets into 4 pieces.
4. Spread the vegetables on one end of the parchment paper and place the zander fillet on top.
5. Add a knob of butter (25 g) on top and finish with herbs, salt and pepper.
6. Place the other half of the parchment paper over the fish and fold the paper in small folds all the way around. Finish by folding the end under the parcel in order to pack it tightly.
7. Place the parcels on a baking tray and bake in the oven at 200 °C for 25 minutes.
8. The fish is served in the parcel. Cut a hole in the top of the paper just before serving.

Serve with e.g. peeled asparagus potatoes.

*Bon appétit!*



# HOT SMOKED ZANDER ON WHEAT KERNELS

*Starter for 4 servings*

Hot smoked zander on  
wheat kernels with  
lettuce and dill



## *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

## *Preparations:*

1. Preparation the day before: Cut the zander fillets into 4 pieces, spread ½ tbsp. salt on the fish and keep it refrigerated until use.
2. 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).
3. 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.
4. Pluck the lettuce leaves and put it into cold water.
5. Rinse the dill in cold water and chop it finely (save some sprigs for garnishing).
6. Stir the mayonnaise and yogurt, add the finely chopped dill – and season with salt and pepper.
7. 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.

*Bon appétit!*

Farmed  
zander from

**aquapri**  
handpicked luxury seafood

prepared by Preben Madsen  
*Restaurant Herregårdskælderen, Brørup*

