

Marinated Carinthian char, spring vegetables & dashi vinaigrette



Carintian char :

*2 fresh chars à 300 g or 4 filets à 80-100 g
200 g seasalt
100 g sugar
1 piece lovage*

Dashi vinaigrette :

*1 hand of dried bonito flakes
2 sheets of kombu seaweed
fish sauce to taste
lemongras vinegar
lemon juice to taste
4 pieces of spring onion
sunflower oil
roasted sunflower seeds*

Spring vegetables:

*for example;
radishes
asparagus
wild broccoli
wild herbs*

Start by filet the fishes, remove the bones, wash & dry with table cloth. Combine salt, sugar & lovage in a food processor or mixer. Cover the fishfilets in the mixture for 30 minutes.

For the vinaigrette bring half liter of water to boil. Put the bonito flakes and the washed seaweed in and turn off the heat. Let go for ten minutes, strain the liquid in a blender, season with fishsauce, vinegar and lemon juice. Blend in sunflower oil until you reach a smooth vinaigrette.

Put the still warm vinaigrette in a container that will fit the fishfilets. Thinly slice spring onions and place into liquid.

Wash of the salt and dry the char with table cloth. Let the char filets marinate for at least fifteen minutes in the vinaigrette at room temperature.

Clean and wash all spring vegetables and herbs. Cut the vegetables in different, easy to eat cuts and steam for 30 seconds. Sprinkle with seasalt.

Place the char on deep plates. Arrange the vegetables and pour a little vinaigrette on top. Sprinkle with crushed roasted sunflower seeds and garnish with the herbs.

Guten Appetit!

Thomas Grüber

Gasthaus von Thomas Gruber