Recipe

Zander fillet with sauerkraut, grenaille potatoes and Riesling sauce.

Instructions

1. Season the zander fillet with salt and lightly flour on the skin side. Place the fillet skin side down on a buttered roasting and baking tray. Preheat the SelfCookingCenter® under fry fish; browning level 4 of 5, core temperature 62°C and load. After frying, plate with the skin side up.

2. For the sauerkraut, sweat the chopped onion and apple in a little oil, add the sauerkraut and pour in the Riesling. Bring to the boil and season with salt and pepper.

3. Boil the potatoes with salt in the VarioCookingCenter®. Leave the potatoes to cool slightly, halve and place on a granite-enamelled tray. Mix with a little oil, garlic, salt and pepper and roast in the SelfCookingCenter®, iLevelControl roast vegetables; browning level 4 of 5, 5 minutes. Add the chives before serving.

4. For the Riesling sauce, bring the fish stock to the boil with the Riesling and the cream and thicken with the corn flour. Season with salt, pepper, lemon juice and cayenne pepper.

Ingredients for 10 persons

- 10 zander fillets, scaled, with the skin, boneless
- A little butter
- A little flour
- 2 kg sauerkraut
- 200 g finely diced onions
- 200 g finely diced apple
- 200 ml Riesling
- 1.5 kg baby potatoes with the skin
- 2 garlic cloves
- 10 g caraway, whole
- 1 bunch chives, finely chopped
- 400 ml fish stock
- 200 ml cream
- 20 g corn flour
- 100 ml Riesling
- Lemon juice
- Salt, black pepper, cayenne pepper, sunflower oil

The zander fillet with sauerkraut, grenaille potatoes and Riesling sauce contains approx. 445.6 kcal

- 17.32 g fat
- 33.17 g carbohydrates
- 31.76 g protein
- 9.1 g fibre

The price per portion is around £3.30
Recipe

Crêpes à la cerise.
Cherry crepes.

Ingredients
for 10 persons

> 300 g flour
> 4 eggs
> 60 g brown sugar
> 250 ml milk
> 1 sachet vanilla sugar
> ½ sachet baking powder
> A little cinnamon, ground
> A little cardamon, ground
> 300 g morello cherries, drained
> Icing sugar

Instructions

1. Place the flour, sugar, vanilla sugar, baking powder and spices in a bowl. Mix and stir in the eggs and milk. Then add the cherries.
2. Grease the MultiBaker and half-fill with the batter. Cook in the SelfCookingCenter® under “Sponge” for 9 minutes.
3. Dust with icing sugar before serving.

The crêpes à la cerise (cherry crepes) contain approx. 208.5 kcal

> 4 g fat
> 35.17 g carbohydrates
> 7.09 g protein
> 1.49 g fibre

The price per portion is around £0.30