

Miele

Crispy fish skins with horseradish crème fraiche and pickled herbs

By Michael Meredith

25 minutes

Preparation time

2 hours 10 minutes

Cooking time

4

Serves



INGREDIENTS

Pickling liquid

150ml chardonnay vinegar
25g sugar
10g salt
1 cup of fresh soft herbs i.e. dill,
chervil

Fish skins

4 fish Blue Cod skins, scales
and flesh removed
150g crème fraiche
1 lemon, zest and juice
Pinch of salt
Oil, for frying

METHOD

Pickling liquid

1. Mix chardonnay vinegar, sugar and salt together.
2. Toss in the herbs and let them pickle for a few minutes prior to serving.

Fish skins

1. Place fish skin in a perforated steam container lined with baking paper and Steam at 100°C for 5 minutes.
2. Slide baking paper and skin onto a perforated oven tray and dehydrate on Conventional at 80°C for approximately 2 hours, or until crispy. This can also be done in a combi steam oven at 0% moisture at 80°C for an hour.
3. Place oil into a large saucepan on high heat, induction setting 9 until it reaches 170°C on a cooking thermometer.
4. Shallow fry fish skins until puffed and crispy. Remove from oil and drain on paper towel. Season lightly with salt while still hot.
5. Lightly fold in the lemon juice and zest into the crème fraiche, season to taste.

To serve

1. Lightly spread crème fraiche on fish skin, drain herbs and place on top, then finely grate over the horseradish and serve.