

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

Serves



INGREDIENTS

Pickled herbs

- 150 ml chardonnay vinegar
- 25 g caster sugar
- 10 g salt flakes
- 1 cup soft herbs leaves i.e. dill, chervil

Fish skins

- 4 fish Blue Cod skins, scales and flesh removed
- Oil, for frying
- 1 lemon, zested and juiced
- 150 g crème fraiche
- Pinch salt flakes

To serve

- 10 g fresh horseradish, finely grated

METHOD

Pickled herbs

1. Mix the chardonnay vinegar, sugar and salt together.
2. Toss in the herbs and let them pickle for a few minutes prior to serving.
3. Drain before 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 the 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 the 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 the creme fraiche on the fish skin. Top with the pickled herbs and grated horseradish.