



## The Fishermen's Menu: Ocean Bitings

30 Canapés

**Developed by the students:**

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### The Fish

#### Ingredients

600 g. Clariasfilet, diced into 1,5 x 1,5 cm

#### *Batter/Tempura dough:*

100 g wheat flour

50 g. 'Ingrid' pea flour (can be substituted by chickpea flour)

50 g maize flour

½ tsp baking powder

1 egg

200 ml ice water

1 tbsp dild, finely hopped

1 tsp salt

Approx. 1 liter rapeseed oil for frying

#### Method

Wheat flour, pea flour, maize flour and baking powder are mixed in a bowl.

Add egg and sodawater (or plain cold water), chopped dild and salt.

Whisk together until smooth. The batter is used immediately.

The oil is heated to 170°C. The fish is covered in tempura dough and cooked in the hot oil until golden. Remove from the oil and place on grease absorbing paper. Sprinkle a bit of salt on top.

## Rhubarb chutney

### Ingredients

200 g. Rhubarb, chopped  
60 g. red onion, cut in thin slices  
½ chili, finely chopped  
125 g. sugar (light muscovato eller cane sugar)  
50 ml cider vinegar  
½ vanilla pod or ½ tsp vanilla sugar

### Method

Wash, clean and chop the rhubarb, onion and chili.

Boil with sugar, vinegar and vanilla at low heat until the required texture has been obtained.

Season to taste with salt, pepper, vinegar and sugar.

Refrigerate in a sealed jar until used.

## Mayonnaise of oil with danish sea weed

### Ingredients

15 g saw wrack or sugar kelp in small pieces  
Approx. 250 ml rapeseed oil  
2 pasteurised egg yolks (36 g)  
½ tsp salt  
2 tsp cider vinegar or lemon juice  
1 tsp water  
1 pinch white pepper  
Optional: ½ tsp dijon mustard

### Method

Heat the oil and seaweed. Blend the mixture and cool to max. 20°C.

The egg yolks are whisked with salt, vinegar, water and mustard (if desired) until thickened. The oil is slowly added until the desired texture is obtained. Refrigerate at max. 5°C until needed.

### Ingredients

200 g kohlrabi, juliene sliced  
100 g. radishes, thinly sliced  
100 g. hard cheese (Vesterhavsost), coarsely grated (can be substituted by parmesan)  
4 gem lettuce, divided in leaves  
A handfull of herbs, for example wood sorrel, fennel or likewise.

### Method

Clean and peel the kohlrabi and cut into juliene. Place the kohlrabi in icewater with a pinch of salt and refrigerate at max. 5°C for 24h before using.

Wash the radishes and cut into thin slices and place in icewater until being used.

Grate the cheese coasely and refrigerate in closed container until using.

Wash and divide the lettuce, preparing it for assembly.

Pick the desired herbs.

### Assembling the dish

Leaf of gem lettuce as the bed topped with a dash of rhubarb chutney. Place the fried fish on top and nappe with seaweed mayo. Finish with grated cheese, slices of radish, kohlrabi in julienne and herbs.

*The recipes have been developed by students at CELF as a part of the project 'Green innovation with local ingredients in the Femern Belt Region' supported by Region Zeeland. The EU-Interreg BSR project TETRAS has donated the Clarias for the school to incorporate Clarias for tastings and the recipes, herewith contributing to awareness raising of RAS (recirculating aquaculture systems) and land-based fish production.*