



Marinated Clarias Fishcake

with bœurnaise crême, topped with crispy potato-fritters

30 Canapés

Developed by the students:

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Alabad

Marinade

Ingredients

2 tbsp Danish honey
2 tbsp mustard
3 tbsp oil
3 cloves of garlic, crushed

Mix the ingredients and whisk the marinade.
The Clarias-filets (600 g) is divided into 2-3 cm cubes, the marinade is poured over the fish, which is marinated over-night.

Fishcake

600 g. of marinated Clarias, coarsely chopped.
1 egg
80 g. onion, chopped
Approx. 30 g. Wheat flour
50 ml. full fat milk/double cream
Salt, pepper
¼- ½ tsp liquid smoke (begin with ¼. Adjust with the rest after sampling a fishcake).
Salt, pepper

Method

Chop the fish coarsely. Mix with salt and pepper. Add flour, egg, onion and milk/cream. Let rest and adjust with milk/cream if needed. Prepare a test-cake. Season with salt, pepper and smoke to taste. Fry small cakes, approx. 1 tsp a piece.

Bed & Topping

Ingredients

2 jacket potatoes
2 lemons
2 little Jem salads

Method

Peel the potatoes and cut into Julienne (thin long strips), keep in ice cold water until using. Remove the potatoes from the water and dry thoroughly in a clean tea towel. Fry the potatoes in oil and drain well. Season with salt. Rinse and dry the Jem salads. Wash the lemons and grate the zest.

Bearnaise extract

Ingredients

70 g. onion, finely chopped
½ bunch of tarragon, finely chopped (20 g.)
100 ml white wine vinegar
100 ml white wine
7 whole pepper corn
Salt

Method

Put 1/5 of the tarragon aside for the cream.
Mix and boil the remaining ingredients. Reduce to approx. 50 ml. of extract.

Bearnaise cream

Ingredients

Approx. 3 tbsp bearnaise extract
1 pc pasteurised egg yolk (18 g.)
200 ml rapeseed oil
1 tsp Dijon mustard (10 g.)
Chopped Tarragon
100 ml crème fraîche 38%

Method

Whisk a mayonnaise of egg yolk, bearnaise extract, Dijon mustard and salt. Add oil while whisking. Fold in the crème fraîche and chopped tarragon. Season with salt, and lemon juice if needed.

Assembly

Arrange one fishcake on a salat leaf. Garnish with creme of Bearnaise, potato strips and lemon zest and a sprig of parsley or chervil.

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 in tastings and the recipes, herewith contributing to awareness raising of RAS (recirculating aquaculture systems) and land-based fish production.