



# Clarias à la spring

30 Canapés

## Developed by the students:

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## Smoked Clarias

### Ingredients

3 Clarias fillets = approx. 500 g

150 g salt

150 g sugar

Smoker sawdust

### Method

Wipe the fillets which have been separated from the bone. Space the fillets equally in a Roasting Dish. Mix sugar and salt, and spread the mixture over the fillets, top and bottom. Refrigerate over night.

Rinse off the fillets from the salt-sugar mixture, and wipe the fillets dry. Place the fillets on the grill inside the smoker, and smoke them for 45-60 minutes at 80°C (coretemperature must reach 62°C). Check on the fillets every 15 minutes and turn them over after 30 minutes. Store refrigerated at max. 5°C until use.

## Sharp herb mayo

### Ingredients

10 g. horseradish

2 pasteurised egg yolks (36 g)

¼ lemon (juice and zest)

¼ lime (juice and zest)

10 g. blanched, finely chopped ramson (wild garlic)

10 g. finely chopped parsely

5 g. salt

400-500 ml rapeseed oil

### Method

Blend the egg yolk, lemon- and lime juice, and salt into a uniform substance. Add the oil little by little until a creamy consistency is achieved. Add the horseradish, zest of lemon and lime and blend until smooth. Add the remaining oil or until the mayonnaise is blendet firm. Finally add the herbs and season with salt and pepper etc.

### TIP

The mayo could also be prepared with ramson oil.

## Sweet pickled Rhubarb

### Ingredients

200 g. rhubarb  
150 ml. Sugar  
100 ml. cider vinegar

### Method

Wash and prepare the rhubarb and cut into 5mm slices.

Add water to a casserole and bring to the boil.

Boil the rhubarb for 1-2 minutes, leaving a bit of bite. Move the rhubarb into ice-water to stop the cooking process.

Add sugar and vinegar to a casserole and bring to the boil. When the sugar has dissolved, the mixture is removed from the heat. Dry the rhubarb (in a tea towel) to remove the water and add them to the sweet and sour syrup. Refrigerate until dishing out.

## Crispbread with seaweed

1 oven tray approx. 30x50 cm

### Ingredients

300 ml. oats  
500 ml. water  
100 ml. rapeseed oil  
10 g. seaweed, for example bladderwrack – dried and coarsely chopped (can be left out)  
100 ml. pumpkin seeds  
100 ml. flax seed  
200 ml. sunflower seeds  
1 tsp. salt  
1 tsp. baking powder

### Method

Mix oats and water in a casserole and cook into porridge. Let it cool and then mix with the remaining ingredients. More/other types of seeds can be added (within the total amount called for in the recipe). The texture should be fairly firm.

Roll out the dough in between two lightly oiled sheets of baking paper or press the dough into shape in the baking tray.

Place a sheet of lightly oiled baking paper on top of the rolled-out dough and cut slots in the size you want the crispbread. Remove the upper sheet of baking paper before baking.

Bake the crispbread at 180°C for 20-25 min. The crispbread is finished when slightly golden and crispy – check the middle of the dough if it is cooked enough.

### TIP

Porridge left over from breakfast can be used. For this recipe 620 g. of porridge is needed.

## Assembly

### Ingredients

50 g. red currents  
120 g chard  
1 large kohlrabi  
Thyme

### Method

Wash and prepare the chard, slice the stalks thinly and place in water until being used. Cut the kohlrabi in very fine slices (use mandolin slicer if possible) then cut into suitable size (with a cutter) and place in ice cold water with a sprinkle of salt. Dry chard and kohlrabi just before arranging.

Place the smoked Clarias in the bottom then add a small amount of mayo after which the kohlrabi and the rhubarb is added. Then the chard is added, and the dish is completed by a red currant, fresh thyme and a piece of crispbread on the side.

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