

COOKING OF LIGHT

FISH CAKES WITH A QUICK REMOULADE AND RYE BREAD

Serves 6

600 g fillet of cod or similar white fish in the cod family
1 baking potato
1 carrot
1 tsp sea salt
Freshly ground white pepper
2 eggs
2 dl whipping cream
2 tbs flour
1/2 bunch of dill
Butter and oil for frying

Put the fish in a meat grinder or food processor and grind coarsely. Place the ground fish in a bowl and stir in the salt until it gets sticky. The idea is to bind the moisture so that the fish cakes don't fall apart. Add the egg, flour and cream a little at a time and stir well. Peel the carrot and the potato and grate them both finely on a grater. Press the water out and add these to the ground fish. Finally, add chopped dill and pepper. Let the fish settle in a cool place for about 30 minutes. Spoon into cakes and fry in a mixture of half oil and half butter. Be patient when you fry the fish cakes, allowing them to get a good crust before turning them. This yields a better result and helps them retain their form and consistency.

A pointer

It's also important that all the ingredients have the same temperature so the fish cakes fry uniformly

Remoulade - Serves 6–8

1 fennel
2 carrots
1/2 cauliflower
2 tbs rapeseed oil
Salt and pepper
20 g cane sugar
3 tbs apple vinegar
1/2 bunch of chervil
50 g pickled cucumbers

Mayonnaise:

2 egg yolks (organic)
1 tbs mustard
1 tbs cider vinegar
3 dl rapeseed oil
Salt and pepper

Peel and rinse the vegetables. Grate the outer part of the cauliflower into a bowl using the coarsest side of a grater. Dice the rest of the cauliflower (it can all be used) and the rest of the vegetables into cubes about 1/2 by 1/2 cm. Place the vegetables into a pot with the oil, salt, pepper, cane sugar and vinegar and steam them for about 3-4 minutes, so they still have a little crunch. For an even, steamed texture, stir them a little while they are cooking. Remove the pot from the heat and let the vegetables cool. Meanwhile, prepare the mayonnaise: Whip the egg yolks white in a mixer together with the mustard, vinegar, salt and pepper. Slowly add the oil in a thin stream to avoid separating the mayo. Adjust the taste with salt, pepper and a dash of vinegar. Fold the boiled vegetables, grated cauliflower and chopped pickles into the mayonnaise. Finally, add the chopped chervil.

FRIED PLAICE WITH POTATOES, BUTTER SAUCE AND PICKLED CRANBERRIES

Serves 6

6 whole fresh plaices (they should smell like the sea and have fine, clear domed eyes)
flour
1.5 kg new Hulsig potatoes
Salt and pepper
200 g butter
2 tbs elderberry flower vinegar

Skin and clean the fish, removing guts and blood, and rinse them in cold water. Cut a slice the whole way down through each plaice. This is to keep the super fresh fish from contracting and bending too much in the pan while frying. Dip the plaices in flour, spices salt and pepper. Fry the plaices in a pan for about 3-4 minutes on each side. The longitudinal cut in the fish aids here too: you can spoon some of the melted frying butter over the thick (head) end of the fish and some of the butter will be absorbed. This helps the thick and thin (tail) end of the fish to get done at the same time without any part drying out. Scrub the potatoes in cold water and boil them in lightly salted water for 8-10 minutes. Turn off the heat and let the potatoes get done in the hot water for another 5 minutes or so. Serve the plaice and the potatoes, pickled cranberries and the butter from the frying pan, freshened up with a dash of vinegar.

Pickled cranberries - 20 portions

1 kg fresh cranberries
5 dl apple juice
2 dl apple cider vinegar
1 tsp salt
10 whole black peppercorns
1 stick of cinnamon
Herbs from the heath
Zest of 1/2 lemon
2 fresh chillies
100 g organic cane sugar

Rinse the cranberries in cold water and put in boiled (sterilised) glass jam jars. Boil all the other ingredients and pour the steaming liquid over the cranberries. Screw the lids on the jars and let the cranberries soak up the liquid for a week before using. In a refrigerator or cool cellar the berries will keep for 6 months.

PLAICE PAPILOTTE WITH YOUNG VEGETABLES

Serves 4

4 skinned plaices
12 small new leeks
12 small new carrots
80 g butter
1/2 bunch of flat parsley
2 dl fish broth or water
1 clove of garlic
Salt and pepper
4 large sheet of aluminium foil
4 large sheets of baking paper

Clean the plaices, rinse away any blood and dry them lightly. Put each fish on its own piece of baking paper. Lift each paper and fish onto the foil and wrap them into packets (but don't close them yet). Clean and rinse the all the soil off the carrots and leeks. Put three of each on each plaice. Add a little chopped garlic and a cold slab of butter (about 20g on each). Finally pour 1/2 dl fish broth into each packet and season with salt and pepper. Close the packets thoroughly so that the broth is locked in while baking. Put the foil packets in the oven / on a grill and bake for 30-35 minutes at 170°C. Remove the packets from the oven. It's a good idea to check one before serving to make sure that the fish is done. The fish should be solid and white. On the side of the plaice is a thick, straight pointed bone which should be pulled out. If the bone slides out without resistance, the fish is done. Serve directly on the table, open the packets in front of the guests so that they get a whiff of the wonderful aroma. Sprinkle the chopped parsley over the opened packets. Enjoy the fish with home-baked bread on the side.