KIKKOMAN

Arktisk fjeldørred, asparges og urtegnocchi

Samlet tid **110 min.** **98 min.** Arbejdstid **12 min.** Tilberedningstid

INGREDIENSER

10 Portioner

Gnocchi:

1 kg	kartofler, fastkogende, kogt dagen forinden, skrællede
80 g	vilde urter, klargjorte
2	æg
150 g	kartoffelstivelse
100 g	semulje af durumhvede
80 g	parmesan, fintrevet
	Salt
	Muskatnød, friskrevet

Sauce:

250 g	skalotteløg, i fine skiver
250 ml	hvidvin
10 g	majsstivelse
50 ml	Kikkoman kryddersauce for sushiris
250 g	smør, koldt, skåret i grove tern
	Salt

Fisk:

1,3 kg	arktisk fjeldørredfilet, ovnklar
50 ml	olivenolie
200 ml	Kikkoman sauce for poke bowl baseret på sojasauce og sesamolie

Salat:

200 g	radiser, i fine skiver
50 g	pinjekerner, ristede
20 ml	Kikkoman kryddersauce for sushiris
10 ml	olivenolie

Derudover:

300 g	vilde asparges, klargjorte

FREMGANGSMÅDE

Step 1

For the gnocchi, press the potatoes through a potato ricer. Blend half of the wild herbs with the eggs in a blender until smooth. Knead together with the potato starch, durum wheat semolina and Parmesan, and season with the salt and nutmeg. Finely chop the remaining herbs and fold in.

Step 2

Roll the gnocchi dough into long ropes, pinch off approx. 10 g balls and roll each over the back of a fork to create the classic gnocchi shape. Poach in plenty of boiling salted water for about 5 minutes.

Step 3

For the sauce, reduce the white wine and shallots in a pan over medium heat for about 10 minutes until almost fully evaporated. Mix the cornflour with a little cold water until smooth and use to bind the remaining liquid. Add the Kikkoman Seasoning for Sushi Rice. Blend until smooth with a stick blender, then gradually whisk in the butter cubes. Season with salt and keep warm until serving.

Step 4

For the char, preheat the oven to 160 °C. Portion the fillets, place on an oiled baking tray and cook for about 5 minutes until just translucent. Carefully remove the skin and brush the fillets with the Kikkoman Poke Sauce. Flash under the salamander if needed.

Step 5

50 ml	olivenolie
	Salt
	Peber
20 g	vilde urter, klargjorte

For the salad, combine the radishes with the pine nuts and dress with the Kikkoman Seasoning for Sushi Rice and olive oil.

Step 6

To serve, sauté the gnocchi and wild asparagus with the olive oil and a splash of water for 1–2 minutes. Season with salt and pepper. Arrange on plates with the sauce and wild herbs. Place the char fillet on top and finish with the salad and a little freshly ground black pepper.