

Roasted Carp in Sesame Batter with Carrot-Pearl Barley-Vegetables

Recipe for 4 Persons

Chef Detlev Ueter is the head of the culinary and service school of the Gastronomy Education Center Koblenz (Gastronomischen Bildungszentrum Koblenz). His credo: Spread the joy of professional cooking and service to young people. Together with the “Jeunes Restaurateurs Eliteklasse,” a unique apprenticeship program in Germany, he organized a culinary studio. A focus of the training is, for example, learning professional tricks for filleting a fish. For this recipe, he chose carp, a type of fish local to Germany, which, in contrast to many other species, is not threatened by overfishing.

Carp

Preparation

Season the fillets of carp with salt and ducca. Then coat the fillets in an egg and sesame batter and place on a baking tray. Alternatively, deep fry sesame battered fillets in a pan in ample fat.

Ingredients

- 4 Fillets of carp
- 2 Slices of toasted bread
- Sesame
- Egg
- Ducca

Pearl Barley

Preparation

Sautee diced shallots in butter. Then add the pearl barley and diced carrots, white wine and vegetable broth, and cook until tender. Season the pearl barley with salt and pepper. When the barley is tender, refine to taste with whipped heavy cream and herbs, for example, chives. A small spring herb salad would also fit well to the sesame-battered carp fillets. If you like you can cook some al dente tagliatelle for the dish.

Ingredients

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| 250g | Pearl barley | 50g | Shallots |
| 50 g | Butter | 200ml | White wine |
| 500 ml | Vegetable broth | 400g | Carrots Salt Pepper |
| 100g | Heavy whipping cream | | Salt and Pepper |

Presentation

Bottom layer: Pearl Barley, next layer, fish, then the tagliatelle, and then the sweet carrots.
Left and right the foam.

Tips for the dish

Carp

Carp has fishbones, right? With this trick, your dish won't have any:

First fillet the carp: Take a clean towel and cut behind the gills. Then with a lifting cut, slice down along the spine to detach the bones. It is important to use the whole length of the knife when slicing down the spine.

And now the trick: The detached fillet should be put on a cutting board with the skin side face down and in 2-3 mm intervals should be cut almost to the skin. It should be possible to hear the notorious Y-fishbones being sliced. At the end of this process, drip a bit of lemon juice into the slices, the acid from the lemon will act to disintegrate the remaining fishbones during the process of roasting. Now for frying the fillets: Heat the pan (heat 7-8), add rapeseed oil and butter and fry the battered side first. Remove from pan after 3 minutes.

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Estragon foam

Peel a shallot, dice and sauté in butter. Deglaze with fish broth and Noilly Prat and reduce, then add a bit of cream and the diced estragon, and bring to a quick boil. Then add cold butter and puree a hand mixer – in principle the foam is a Beurre blanc with Noilly Prat. The less fat that is used, the stiffer the estragon foam will be.

Pearl Barley Risotto

Finely dice large carrots, quarter small carrots. Detlev Ueter cuts the carrots by first slicing one side, then turning the carrots so that he has a good grasp while slicing. Add shallots, white wine, pearl barley, and vegetable broth. Continual stirring is not necessary.

The Special Ingredient

Ducca is a spice mixture from Ethiopia that contains a lot of sesame. Its nutty aroma makes it perfect for fish fillets and is used to batter the filleted fish. Ducca is a mixture of cumin, salt, chickpeas, sesame, and a few other spices such as coriander, basil, and mint.

Wine suggestion

Pair the dish with a dry, sweet Riesling from the Mosel region.

