




Lake Maggiore lavaret with lettuce gazpacho and hazelnut oil






A recipe by Rolf Fliegau, chef at the restaurant Ecco at the Hotel Giardino.

Preparation

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|  | Time required | approx. 240 minutes |
|  | Difficulty | High - For professionals |
|  | Portion size | 1 person |

Features

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|---|-----------------|---------------------|
|  | Dish | Fish - Coregone |
|  | Typical product | Coregone - 0 km |
|  | Suitable in | Summer - Sunny days |

INGREDIENTS

Lettuce gazpacho

- 1 lettuce
- 1 cucumber (seedless)
- 2 tomatoes
- 2 green peppers
- 1 clove of garlic
- 80 g of baby spinach
- 30 g basil leaves
- 70 ml olive oil
- Salt
- Black pepper grains
- Some cayenne pepper
- 2 tablespoons of white vinegar

Lemon
vinaigrette

- 50 ml of fresh lemon juice
- 50 ml of grape seed oil
- 50 ml olive oil
- 50 ml of lemon oil
- Salt
- Pepper
- A pinch of sugar

Marinated and
seared lavaret

- 2 lavaret fillets
- 1 shallot
- 5 g tarragon
- 1 lime
- 1 lemon
- 100 ml olive oil
- 1 sprig of thyme
- 1 clove of garlic
- 1 sprig of rosemary
- 1 tarragon stalk
- Fleur de sel
- Fresh chives

Decoration

- Hazelnuts
- Farmer's bread
- Edible flowers

Lettuce gazpacho

Lemon vinaigrette

Marinated and seared lavaret

Hazelnuts

Bread chips

Plating up

PREPARATION

1. Cut the lettuce heart out and save it for later. Wash the remaining leaves thoroughly, blanch them in salted water for 10 seconds and immediately immerse them in ice-cold water.
2. Wash and chop the remaining vegetables.
3. Blend the ingredients in the Thermomix for 2 minutes, pass through a fine sieve and season with salt, fresh peppercorns and cayenne pepper.
4. Store in the refrigerator.

1. Emulsify all the ingredients with the blender and season the lettuce hearts with it.

1. Remove bones and skin from fish.
2. Grate the lemon and lime peel and squeeze the juice.
3. Peel the shallot, cut it finely and add it together with tarragon to the citrus juice.
4. Mix everything together and marinate the fish fillets in it for about 20-30 minutes.
5. Heat the olive oil, add the remaining flavourings and heat to 50 degrees, leave for 20 minutes and filter.
6. Remove the fillet from the marinade, remove the spices and dry. Then spread the marinade of olive oil (temperature about 30 degrees) on the fish and store in the refrigerator for 2 hours.
7. Remove the whitefish from the oil, leave to dry and divide into slices.
8. Sear the top with the help of a blowtorch, brush with a little olive oil, season with fleur de sel and add fresh chives on it.

1. Roast the peeled hazelnuts in the oven at 180 degrees until golden yellow and halve while they are still hot.

1. Roast in a pan over medium heat thin slices of bread (the farmer's bread is more suitable) in a little olive oil and a sprig of thyme.
2. Drain on kitchen paper.

Put the seared whitefish fillet in a soup plate and pour the gazpacho. Marinate the lettuce hearts with the lemon vinaigrette and put them on the fish fillet. Pour the hazelnut oil into the gazpacho, add the hazelnuts and sprinkle with edible flowers. Finally, decorate with the bread chips and serve.