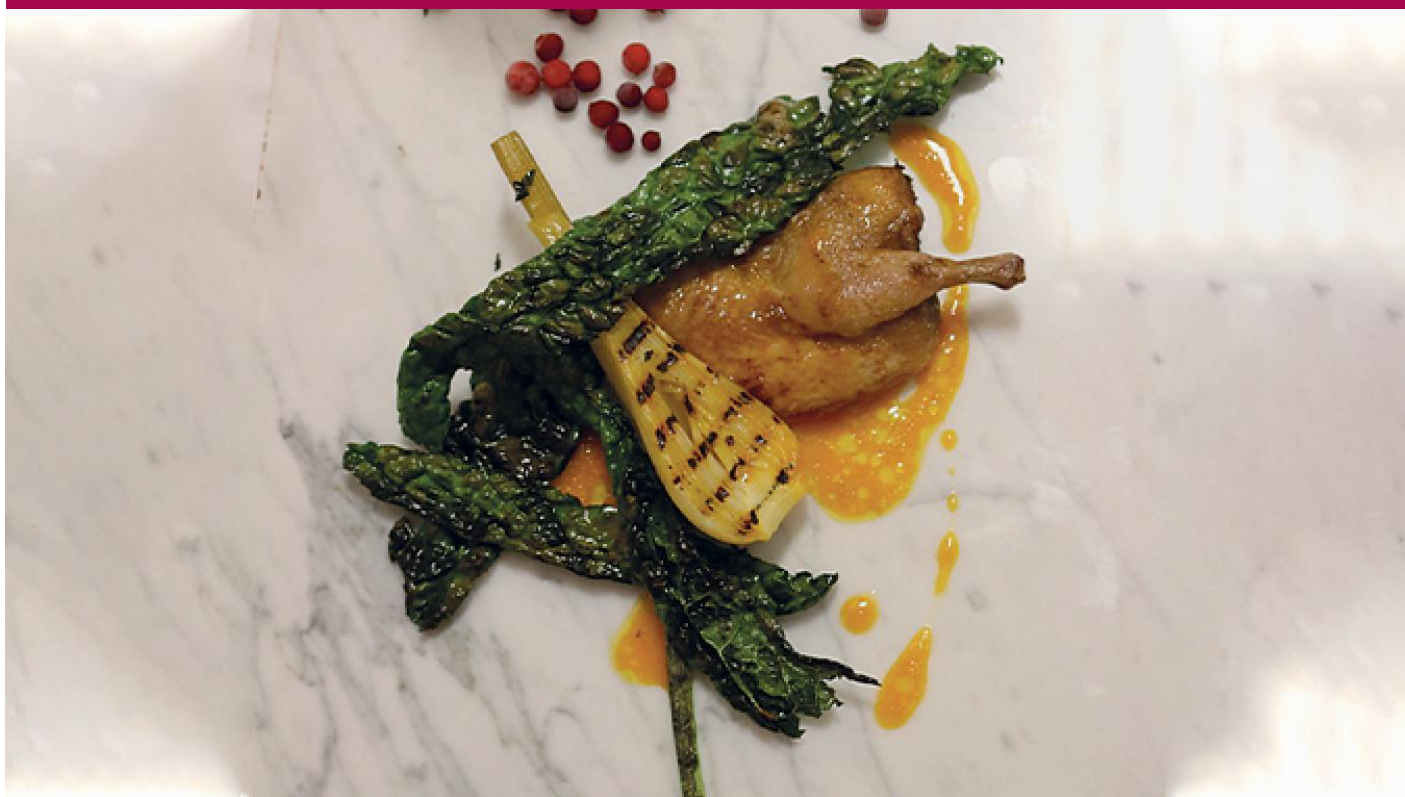


ROSEMARY FRIED QUAIL, SEA BUCKTHORN BRAISED AND GRILLED FENNEL, DEEPFRIED BLACK CABBAGE SERVED WITH A SHERRY AND SEA BUCKTHORN VIERGE

Savoury recipe / by Andreas BRETTMARK



1. Quail

Ingredients

rosemary - 10g

Butter - 30g

Quail - 1/2

Fry the quail with a lot of butter and rosemary, based it for a nice color and flavor.

2. Braised and grilled fennel

Ingredients

Frozen fruit purée 100% :
Seabuckthorn - 3
tablespoons

Fennel - 1

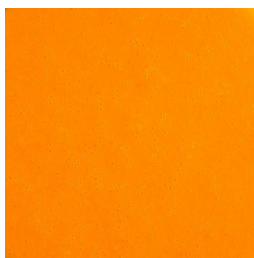
Salt - 2g

Sugar - 2 tablespoons

Sherry vinegar - 2g

Cut the fennel in half, put it in a vacuum bag and put all the ingredients in the bag as well, seal it in

In this step



Frozen fruit purée
without added sugar* :
Seabuckthorn

Frozen fruit purées

3. Sherry and Sea buckthorn vierge

Ingredients

Frozen fruit purée 100% :
Seabuckthorn - 3
tablespoons

Salt - 2g

Sugar - 2 tablespoons

Sherry vinegar - 2g

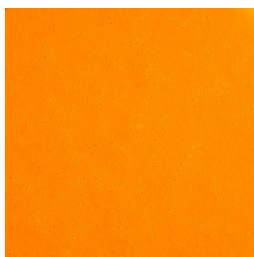
Oil

Coldpressed oil - 1
tablespoons

Deepfried black cabbage:
Leaf of cabbage - 3

Take the jus from the fennel braised and reduce to a nice sauce texture and split it with oil.

In this step



Frozen fruit purée
without added sugar* :
Seabuckthorn

Frozen fruit purées