

## **Skrei with miso and kohlrabi – a recipe by Tohru Nakamura**



Kohlrabi was already popular with the Romans and has been cultivated in Germany since the 16th century. It is available from local production during the period from spring until autumn. Kohlrabi can be eaten raw and, as in this recipe, as a vegetable accompaniment. It has a spicy, slightly nutty flavour. Skrei, the Norwegian winter cod is caught in the traditional way from January until April. It is especially firm, low-fat and has a very hearty taste.

### **Ingredients for 4 portions:**



- 4 skrei fillets a c. 100g
- 1 tbsp light miso paste
- 200 ml dashi (see basic recipes) (alternatively vegetable stock)
- ½ bunch parsley
- Some soya sauce
- 1 tbsp butter (optional 2 EL)
- Some starch to bind

Some olive oil for frying  
1 lemon (untreated)  
400 g kohlrabi  
Salt, pepper

**Tips from Tohru Nakamura:**

- Preparing the kohlrabi in this way makes the vegetable taste completely different to the flavour with which we are familiar in the context of regional cooking.
- Boiled rice, potatoes or potato purée are particularly suitable as an accompaniment.

**Preparation** (c. 25 minutes):



Peel the kohlrabi and chop into thin slices. Place the kohlrabi in the dashi and bring to the boil, then simmer until still slightly firm bite.



Next reduce the dashi down by half after removing the kohlrabi, thicken with a little mixed starch and stir in one tbsp of cold butter. Season to taste with chopped parsley and the light miso paste. Add the kohlrabi slices back into the pan.



Season with salt and pepper and fry the fish in a pan in some olive oil. Finally add some butter.



Remove the pan from the heat, add the lemon juice and zest and season to taste with a dash of soya sauce. Pour the sauce several times over the fish.



Serve the skrei fillets on a plate and layer with kohlrabi slices like a lasagne. Pour over the miso stock.

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