

## Char poached in herb oil with artichokes and herb mayonnaise



The char is a particularly ‘noble’ fish – it is said that Holy Roman Emperor Frederick Barbarossa and Ludwig II enjoyed eating it. Depending on the origin of the fish the flesh varies – the flesh of brook char (brook trout) is very delicate and aromatic, whereas the Arctic char is firm and salmon-coloured. Char only survive in very clean, cold waters.

### **Tips from Anna Matscher:**

The olives take on an especially intensive flavour after being dried overnight. Alternatively, you can also use marinated olives.

Only use good quality olive oil for the mayonnaise.

### Ingredients (4 portions):



1 char (approx.1 kg) filleted and portioned

*To make the herb oil:*

1 sprig of rosemary

1 sprig of thyme

40 g orange and 40 g lemon with peel, cut into slices

100 ml olive oil

*To make the herb mayonnaise:*

2 egg yolks

250 g olive oil

Herbs (approx. 10 g chervil, 4 g coriander, 4 g dill, 20 g parsley)

Salt

Lemon juice

*To make the stewed artichokes:*

2 large artichokes

Juice of 1.5 lemons

20 g shallots

1 clove of garlic

1 tbsp olive oil

1 tbsp of white wine vinegar

100-200 ml vegetable stock

1 pinch peperoncino chilli

1 sprig thyme

Salad as a garnish (marinate with sherry vinegar, olive oil, salt)

10 g olives (oven-dried overnight at 50° and chopped finely)

Preparation (45 minutes, plus 2-days to marinate):



*To make the herb oil:*

Mix the herbs with the other ingredients, heat and then steep at room temperature for 2 days. Marinate the char in the mixture for a few hours.



*To make the herb mayonnaise:*

Whisk the egg yolks with the oil to form a mayonnaise. Remove the herbs from their stems, blanch for two minutes in water and rinse in ice cold water, squeeze well and mix with the mayonnaise to form an attractive green-coloured cream. Then season with salt and add lemon juice according to taste.



*To make the stewed artichokes:*

Clean the artichokes, cut in half and place the bottoms in sufficient water with lemon juice. Peel the shallots, cut into quarters and sauté with the chopped garlic clove in olive oil.



Deglaze with the white wine vinegar and reduce the volume down. Pour in the vegetable stock. Add the thyme and peperoncino, and simmer the stock for 10 minutes. Now add the artichokes and blanch for 10 minutes. Dry on kitchen roll and leave to cool.



Place the char on a baking tray. Drizzle with some of the herb oil, cover and cook in oven for 5 to 10 minutes at 120°. Spread a thin layer of the herb cream on a plate. Serve the char and artichoke on top. Garnish with some salad and dried olives. Bon appetit!

Anna Matscher cooked this meal as a variation with peas instead of artishokes with students of the [DHBW Heilbronn](#) at the TZM-event „Sterneköche gegen Krebs“ (Michelin star chefs against cancer).