

Zander with beetroot pearl barley – a recipe by Martin Fauster



Beetroot is available all year round from local farms, however winter is the peak season for this vegetable. It contains many secondary plant substances and is also rich in vitamins and minerals. It can be used raw in salads as well as cooked as a vegetable in many ways.

Ingredients for 4 portions



4x 150 g Zander fillets with skin
Salt, pepper,
1 sprig of thyme
1 clove of garlic, pressed (incl. skin)
Olive oil, butter

4 beetroots
200 g fine salt
80 g medium-sized pearl barley

30 g shallots
100 ml vegetable stock
Olive oil
1 tsp chopped parsley
Sea salt, caraway seeds
Apple vinegar
Walnut oil

Tips from Martin Fauster

- Chopped walnuts also taste wonderful when added to the beetroot pearl barley.
- To garnish the dish – sprinkle a little freshly grated horseradish over the top.
- It is also possible to reduce the quantities and cook this recipe for fewer people.

Preparation (c. 2 Hours):



Wash the beetroots well without peeling, place on a bed of sea salt and caraway seeds and bake in the oven for 90 minutes at 180 °C. Remove from the oven, leave to cool, peel and chop into 4 mm cubes. It is best to wear single-use gloves for this and to place a piece of baking paper on the chopping board in order to protect your hands and the board from staining.



Rinse the pearl barley in cold water and cook well in salted water. Whilst the pearl barley is cooking chop the shallots into small cubes and blanch (place in a fine sieve and immerse in boiling water briefly).

Sauté the shallots in olive oil, add the beetroot followed by the pearl barley. Pour in the vegetable stock and simmer until thick and smooth. Once the consistency is like that of a risotto, season to taste with apple vinegar and walnut oil. Finally add the chopped parsley.



Fry the zander skin-side down in a non-stick pan on a medium heat until crispy. Add the sprig of thyme, pressed garlic and some butter. Keep pouring the mixture over the zander using a spoon.



To serve – divide the beetroot pearl barley between warm plates, place the crispy-fried zander on top and garnish with freshly ground horseradish.

Bon appetit!
