

Crispy Pan Fried Fish with Creamy Pumpkin Rice



Main dish

Kind of recipe



70 Minutes

Preparation



middle

Severity



Ingredients for 4 people

Fish:

4 fish filets (carp, arctic char, perch, catfish, trout, salmon, eel)
fat for frying (canola oil)
flour
Styrian Pumpkin Seed Oil P.G.I.
salt
pepper
herbs (eg. marjoram, tarragon, thyme, parsley)
lemon and/or orange slices for flavour in the pan

Pumpkin Rice:

250 g short- or medium-grain rice
300 g cubed oil pumpkin flesh (oil pumpkin, hokkaido, or any tasty seasonal pumpkin)
2 shallots canola oil
250 ml vegetable stock salt
white pepper
nutmeg
hot mustard
Styrian Horseradish P.G.I.
Sytian Pumpkin Seed Oil P.G.I.
untoasted Styrian pumpkin seeds

Preparation

Cook the rice in enough water, cut the pumpkin flesh into cubes. Salt the cold fish filets, dredge them in flour and fry the skin-side of the fish in a generous amount of oil until it is crispy. Season with salt, pepper and herbs and add a slice of lemon or orange to the pan, turn the fish filets and fry until finished.

Dice the shallots and pumpkin finely and sauté in the canola oil, add the vegetable stock, season and cook until it reaches a creamy consistency. Add the pre-cooked rice as well as the mustard, Styrian Horseradish P.G.I. and Styrian Pumpkin Seed Oil P.G.I. to taste. Finally, chop the Styrian pumpkin seeds and mix them into the pumpkin rice.

Recipe from Tom Riederer / Foto: Stefan Kristoferitsch