



POT AU FEU WITH CHAR



SERVES 6

INGREDIENTS

200 g carrots
200 g fennel bulbs
1 small leek
150 g brown mushrooms
Herb salt
Freshly ground black pepper
¼ teaspoon turmeric
300 ml hot, hearty vegetable stock
6 char fillets (about 100 g each)
Grated peel from ½ organic lemon and ½ organic orange
2 stalks tarragon
6 tablespoons Noilly Prat (French vermouth)
70 g butter

PLUS

6 canning jars with rubber gaskets (250 ml each)

PREPARATION

Place a drip pan on shelf level 1 and preheat the oven to 120°C top and bottom heat. Rinse the carrots, fennel and leek. Peel the carrots and slice them finely using a vegetable slicer. Remove the cores from fennel bulbs, cut away any woody areas or tough threads and slice thinly. Chop the leek into very fine rings. Wipe off the mushrooms with a kitchen cloth and slice finely. Layer all these ingredients in the jars and press down tightly. Season with a little salt and pepper.

Dissolve the turmeric in the hot vegetable stock and pour it into the jars. Cut each char fillet into 3 pieces and, if desired, remove the skin using a sharp knife. Place the char fillets in the jars along with several tarragon leaves. Top off each jar with 1 tablespoon Noilly Prat and flakes of butter. Season with a little herb salt and pepper.

Seal the jars tightly and place them on the preheated drip pan. Fill the pan to the brim with boiling water and heat the jars in the oven for about 25 minutes. Serve the Pot au Feu in the jars. If desired, lightly score the skin on the char fillets.