

Carp with parsley root, dill pickles and sour cream dip

Total time **70 mins** **30 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
4,331.4 kJ / 1,035.8 kcal

Fat: **49.8 g** Protein: **73 g**
Carbohydrates: **65.4 g**

INGREDIENTS

4 portion(s)

For the carp:

- 1** mirror carp (approx. 1 kg gutted)
- 3** carrots
- 1** leek
- 3** parsley roots (medium size)
- 100 ml** Kikkoman Naturally Brewed Soy Sauce
- 2** lemons (organic)
- 200 ml** vegetable stock

For the dill pickles:

- 1.5** cucumbers
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 1 tbsp** maple syrup
- 2 tbsp** white wine vinegar
- 3 tbsp** olive oil
- 20 g** dill

For the sour cream dip:

- 500 g** sour cream
- 3 pinch** of salt
- 2 pinch** of coarsely ground pepper

As a side dish:

- 1** baguette

PREPARATION

Step 1

1 mirror carp (approx. 1 kg gutted)
Wash the carp, cut off the side and rear fins and dry. Score the skin on both sides with 3 to 4 vertical cuts. Place in a roasting pan. Preheat the oven to 180 °C top and bottom heat.

Step 2

3 carrots - **1** leek - **3** parsley roots (medium size) - **100 ml** Kikkoman Naturally Brewed Soy Sauce - **2** lemons (organic) - **200 ml** vegetable stock
Wash and dry the carrots, leeks and parsley roots. Cut everything into thumb-thick slices. Put everything in the roasting pan with the fish. Mix the Kikkoman Soy Sauce with the lemon zest, juice and vegetable stock. Pour the mixture into the roasting pan. Cook the fish in the covered roasting pan for 20 minutes. Remove lid and cook for a further 20 minutes.

Step 3

1.5 cucumbers - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** maple syrup - **2 tbsp** white wine vinegar - **3 tbsp** olive oil - **20 g** dill
Wash, dry and finely slice the cucumbers (use a vegetable slicer if necessary). Marinate the cucumber slices with Kikkoman Soy Sauce, maple syrup, white wine vinegar and olive oil. Wash, dry and coarsely chop the dill. Mix the dill with the marinated cucumber slices.

Step 4

500 g sour cream - **3 pinch** of salt - **2 pinch** of coarsely ground pepper - **1** baguette
Mix the sour cream with salt and pepper. Serve the

carp with the dill pickles, sour cream dip and slices of baguette.