

Beet root and Fennel Soup
Gamey Noir Poached Arctic Char & Goat Cheese

Soup Ingredients:

3 tbsp	butter
6 cups	large red beets, peeled and diced
2 cups	fennel, medium dice
1 cup	celery, medium dice
1 cup	carrots, medium dice
1 cup	spanish onion, medium dice
1 cup	leeks, medium dice
1 cup	potato, medium dice
4 cloves	garlic, crushed
½ bunch	thyme
16 cups	vegetable stock
1 sachet	peppercorns, bay leaves and fennel seeds
1 cup	35% cream
	salt and pepper to taste

In a large pot sweat the butter, beets, fennel, celery, carrots, onions, leeks, potato, garlic and thyme. Add the vegetable stock and sachet. Simmer until potatoes and beets are cooked through (approximately 45 minutes). Remove from the heat, remove sachet and puree in a blender. Pass through a sieve. Return to the pot bring back to a boil. Add the cream and season with salt and pepper.

(Recipe makes approximately 5 litres of soup)

Arctic Char Ingredients:

1 fillet	artic char, pinned boned
1 bottle	Gamey Noir
½ cup	soft goat cheese
½ bunch	chervil

Place the Char into a 9" cake pan. Bring the Gamey Noir to a boil and then pour over the char. Wrap the container with cling film and place into the fridge. Once cool, remove the fish and flake apart the flesh into a bowl. Add the goat cheese and mix well. Place in the centre of the bowl pour soup around and garnish with a chervil sprig.