

## RECIPE

# Char grilled on a wooden board



Preparation time: 2 hours

## Ingredients:

- 2 tablespoons coarse mustard
- 2 tbsp wild cranberries
- Half a medium red onion
- 2 tbsp teriyaki sauce
- 2 tbsp lemon juice
- (at least) 500g char fillet
- 2 tbsp salt
- 2 tbsp sugar

## Preparation:

1. Soak the wooden board (cedar, cherry, apple, alder or beech) in water for at least 1-2 hours.
2. First rub the inside of the fillet with salt and sugar and pickle in the fridge for 2-3 hours.
3. In the meantime, make the marinade from diced onion, wild cranberries, coarse mustard, lemon juice and teriyaki sauce.
4. Before placing the fillet on the board and covering it with the marinade, it's essential to first remove any remaining pickling mixture. Lay the fillet on lemon slices on the board to prevent sticking. The grill should be preheated to 200-250°C. Now place the board on the top grill rack and allow to cook for 20-30 minutes.

## Tips:

If you like, you can use other spices and herbs to give the fillet your own personal flavour.