

Cooking class: Fried flounder fillets with raw carrots and healthy fries

We share a sea. Diet for a clean Baltic

Fried fish (serves 6)

- 6 flounder fillets
- Rye flour
- Salt and pepper
- Rapeseed oil for frying

How to do

- Dip the fish in rye flour mixed with salt and pepper.
- Add oil to the pan and heat it
- Fry the fillets until they are golden on both sides.

Raw carrot salad

- 3-4 big carrots
- Marinade of lemon and honey

How to do

- Clean, peel and shred the carrots.
- Mix a marinade of lemon and honey. Add it to the carrots.

Healthy fries

- Celery and beet roots – as many as you like
- Olive oil to bake the fries
- Salt, pepper and thyme to season the fries

How to do

- Clean and peel the celery and beet roots cut them into fries
- Bake them in the oven at 200-225 C until they are golden.

Relish

- 2 tablespoons carrot, finely chopped
- 4 tablespoons gherkins, finely chopped
- 3 tablespoons red onion, finely chopped
- 2 tablespoons capers, finely chopped
- 2 tablespoons parsley, chopped
- 1 teaspoon Dijon mustard
- 1 tablespoon apple vinegar
- 1 tablespoon Greek yoghurt or ordinary yoghurt
- ½ teaspoon curry

How to do

Chop the vegetables. Mix mustard, vinegar and curry with the yoghurt and add the vegetables.