

## Crispy Pan Fried Fish with Creamy Pumpkin Rice



**Main dish**

Kind of recipe



**70 Minutes**

Preparation



**middle**

Severity



### Ingredients for 4 people

#### Fish:

4 fish filets (carp, arctic char, perch, catfish, trout, salmon, eel)  
fat for frying (canola oil)  
flour  
Styrian Pumpkin Seed Oil P.G.I.  
salt  
pepper  
herbs (eg. marjoram, tarragon, thyme, parsley)  
lemon and/or orange slices for flavour in the pan

#### Pumpkin Rice:

250 g short- or medium-grain rice  
300 g cubed oil pumpkin flesh (oil pumpkin, hokkaido, or any tasty seasonal pumpkin)  
2 shallots canola oil  
250 ml vegetable stock salt  
white pepper  
nutmeg  
hot mustard  
Styrian Horseradish P.G.I.  
Sytian Pumpkin Seed Oil P.G.I.  
untoasted Styrian pumpkin seeds

### Preparation

Cook the rice in enough water, cut the pumpkin flesh into cubes. Salt the cold fish filets, dredge them in flour and fry the skin-side of the fish in a generous amount of oil until it is crispy. Season with salt, pepper and herbs and add a slice of lemon or orange to the pan, turn the fish filets and fry until finished.

Dice the shallots and pumpkin finely and sauté in the canola oil, add the vegetable stock, season and cook until it reaches a creamy consistency. Add the pre-cooked rice as well as the mustard, Styrian Horseradish P.G.I. and Styrian Pumpkin Seed Oil P.G.I. to taste. Finally, chop the Styrian pumpkin seeds and mix them into the pumpkin rice.

**Recipe from Tom Riederer / Foto: Stefan Kristoferitsch**