

Created by: Debra C. Argen

Fischers Fritz Recipes - Berlin, Germany

Chef de Cuisine Christian Lohse is a culinary star at the *Michelin Star restaurant*, [Fischers Fritz](#) in *Berlin, Germany*.



Chef Christian Lohse has an impressive background of "stars" including being awarded two stars while working at the Windmühle in Bad Oeynhausen in Germany, working at the three-star restaurant L'Esperance in Vezeley, France, and held the esteemed position of private chef to the Sultan of Brunei at The Dorchester in London, England, before joining [Fischers Fritz](#) in September 2004.

His recipe for Wild Sea Bass in a Salt Crust with Grilled Market Vegetables and Foamed Lobster Sauce provides a bit of insight into this creative chef.

Wild Sea Bass in a Salt Crust with Grilled Market Vegetables and Foamed Lobster Sauce

Ingredients:

0.91	kilograms (approximately 2 pounds)	slice of sea bass
30	grams (2 tablespoons)	olive oil
0.91	kilograms (2 pounds or 3 ½ cups)	flour
0.91	kilograms (2 pounds or 3 ½ cups)	sea salt
4	liters (4 quarts)	water

Maldon sea salt, black pepper, brown raw sugar

Preparation: Gut the sea bass, wash and drain; salt the inside. Mix olive oil, sea salt and water and add to the flour to prepare dough. Roll out dough and wrap sea bass. Preheat oven to 180° C (350° F), bake fish for 15 minutes and let it rest for another 20 minutes.

Roasted Vegetables

Ingredients:

Fennel, onions, carrots, celery and garlic.

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Preparation: Slowly roast a selection of seasonal vegetables in olive oil.

Foamed Lobster Sauce

Ingredients:

198.45	grams (7 ounces)	lobster shell
170.10	grams (6 ounces)	Noilly Prat Vermouth
340.19	grams (12 ounces)	heavy cream
198.45	grams (7 ounces)	roasted vegetables
15	grams (1 tablespoon)	tomato paste
170.10	grams (6 ounces)	olive oil
99.22	grams (3.5 ounces)	butter

Tabasco sauce
lime juice

Preparation: Heat the olive oil in a pot; add the roasted vegetables, stir and season with Maldon sea salt, black pepper and brown raw sugar. Add the tomato paste and lobster shell, and then let everything cook for a short time. Add the Noilly Prat Vermouth and cook until it is reduced to half. Add the cream and bring to a boil, then cook at moderate heat for 15 minutes. Pass the mixture through a fine sieve, then put the mixture in a blender, add the butter and some olive oil and blend. Season to taste with lime juice, Maldon sea salt and Tabasco.

Presentation: Prepare the plates with the roasted vegetables. Filet the sea bass tableside and put on the prepared plates. Serve with foamy lobster sauce and enjoy!

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Please read the in-depth individual articles on **Fischers Fritz** in the [Restaurants](#) and [Chefs' Recipes](#) sections, and articles on Berlin in the [Destinations](#), [Hotels & Resorts](#), and [Music Scene](#) sections.

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