

Sous vide cod with leeks, sweet potatoes and wild greens

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Ingredients

Cod (sous vide):

1 kg Cod
120 ml Olive oil

Sweet potato puree:

1 kg Sweet potatoes
Salt
Pepper
Water

Potato confit:

10 baby Potatoes
200 ml Olive oil
1 sprig of Thyme
1 sprig of Rosemary
15 gr Sea salt
10 Peppercorns

Leeks (sous vide):

4 Leeks (only the white part)
Olive oil
Salt

Cod sauce:

500 g Cod jelly (See Basic Recipe)
250 g Tomatoes
200 g White onions
100 g Raisins
40 ml White wine
1 sprig of Thyme
1 Bay leaf
8 Peppercorns
Butter

Basic recipe (Cod jelly):

Preparation

Cod (sous vide):

Fillet the cod and place it in a pouch with the olive oil. Cook the bag for 8 minutes at 60 °C in your **fusionchef** water bath.

Sweet potato puree:

Peel the sweet potatoes and cut them in large chunks. Place them in cold water and bring them to a boil. Cook until softened. Strain and then blitz in a Thermomix at 60 °C for 10 to 12 minutes until you get a smooth puree.

If needed, pass through a chinois strainer.

Potato confit:

Place the whole potatoes in the oven with salt, herbs, and olive oil, and bake at 110 °C for 1 1/2 hour.

Leeks (sous vide):

Trim and wash the leeks and keep only the white part. Put them in a vacuum pouch with the olive oil. Cook the bag for 40 minutes at 84 °C in your **fusionchef** water bath. Let them cool, and when ready to serve, caramelize on a griddle.

Cod sauce:

Saute the onions, tomatoes, and raisins in a pan. Add wine and the cod jelly. Bring to a boil and cook for 30 minutes. Add the herbs and cook for another 30 minutes. Pass the mixture through a sieve and add salt, pepper and lime to your taste. At the end, add the butter.

Basic recipe (Cod jelly):

Put all the ingredients in a stock pot and boil for 30 minutes, until the fish gelatin is extracted.

Wild greens emulsion:

Blanch the greens and blitz them in a Thermomix until you get a paste. Then pass the mixture through a muslin lined sieve.

Blend the paste with the rest of the ingredients, gradually add the olive oil and finally thicken with Xantana.

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1 lt Water
500 g Cod bones and skin

Wild greens emulsion:

500 g blanched Greens (250 g Stamnagathi and 250 g various greens)
Salt
Pepper
Zest from 2 Lemons
1 Egg yolk, boiled
Xantana
Olive oil

Serve:

Hearts of tomatoes
Raisins
Cappuccino leaves
Drosoulites (herb)

Serve:

Grill and caramelize the cod, skin side down. Spoon the sweet potato puree in the center of each plate and then add the potato confit, hearts of tomatoes, leeks and the wild greens emulsion. Top with the cod, cappuccino leaves, drosoulites(herb) and raisins. Pour the cod sauce on the dish at the time of serving.

This recipe was kindly supplied by George Stylianoudakis from the book 'The Way to Contemporary Cretan Gastronomy'. Photos: Athens Art Studio.