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## Ingredients

### **Catfish Stock (Sous Vide):**

500 g catfish fillet  
200 g water  
60 g fish stock  
60 g wheatmeal  
50 g parsley  
10 g pepper  
10 g vinegar

### **Runner Beans Stock (Sous Vide):**

200 g runner beans  
60 g vinegar  
20 g oil  
20 g honey  
20 g water  
6 g salt  
6 g sugar

### **Celery Puree (Sous Vide):**

400 g celery  
30 g butter  
50 g black walnuts  
5 g salt

## Preparation

### **Catfish Stock (Sous Vide):**

Brown the wheatmeal and mix with the remaining ingredients. Portion catfish and vacuum with the stock. Cook for 20 minutes at 85 °C in the **fusionchef** sous vide water bath.

### **Runner Beans Stock (Sous Vide):**

Mix all ingredients without the oil. Add oil drop by drop until an emulsion is created. Cut the beans using a peeler into thin strings, vacuum them and cook for 5 minutes at 80 °C in the **fusionchef** sous vide water bath.

### **Celery Puree (Sous Vide):**

Wash, peel and cut celery in cubes. Grate black walnuts finely. Vacuum everything together and cook for approx. 100 minutes at 85 °C in the **fusionchef** sous vide water bath.

This recipe was kindly provided by Benedikt Faust.