

# Cobia Blue - Imperial Gerste – Korallen Sous Vide

**Author:** Patrick Landerer



## Ingredients

For 4 servings:

### Blue cobia (Sous Vide):

240 g blue cobia  
160 g butter  
1.5 untreated lime  
Butter for frying

### Fish jus:

Fish trimmings  
80 g onion  
80 g celery  
80 g leek  
400 ml white wine

### Carrot rolls:

80 g carrots  
40 g oil  
Untreated lime zest

### Panko breadcrumb topping:

20 g panko breadcrumbs  
8 g sesame seeds  
Untreated lime zest

### Coral chips:

80 g flour  
Oil  
Water

### Barley risotto:

200 g royal barley  
40 g crème fraîche

### Chive oil:

## Preparation

### Blue cobia (Sous Vide):

Fillet, portion and sauté the fish. Vacuum seal with butter and lime, then cook for 20 minutes at 48 °C in the **fusionchef** Sous Vide water bath. Fry in foamy butter.

### Fish jus:

Roast trimmings and mirepoix in the oven for 1 hour at 180 °C. Douse with white wine then boil with water. Strain and season.

### Carrot rolls:

Cook carrots then cut into thin elongated triangle strips. Marinate with oil and lime zest.

### Panko breadcrumb topping:

Deep fry panko breadcrumbs, roast sesame seeds and mix with lime zest.

### Coral chips:

Mix flour with oil and water (as needed) and stir to make a smooth dough. Fry in a pan to make crunchy chips.

### Barley risotto:

Cook royal barley in salt water for 20 minutes. Mix with crème fraîche to create a creamy "risotto."

### Chive oil:

Mix chives with oil in a Thermomix at 50 °C for 5 minutes then pass through a fine sieve.

This recipe from the qualifying round of "JUNGE WILDE 2019" was kindly provided by Patrick Landerer. Photo: ©ROLLING PIN

# Cobia Blue - Imperial Gerste – Korallen Sous Vide

8 g chives  
Oil