

# Cobia sous vide with cress

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## Ingredients

### Cobia (sous vide):

80 g Cobia fillet  
30 g nut butter  
80 g salt  
20 g sugar  
1 l water  
Liita cress

### Carbonized Liita cress:

100 g Liita cress

### Carbonized Liita charcoal dust:

40 g soft butter  
40 g flour  
1 g sugar  
35 g breadcrumbs  
20 g carbonized Liita cress  
20 g charcoal  
Salt

### Charcoal Tuilles:

140 ml water  
100 ml oil  
20 g finely ground flour  
Pinch of salt  
Activated carbon

### Yogurt beet ball:

200 ml of yogurt  
1/2 lime  
Xanthan  
Sugar  
Salt  
Cacao butter  
Beet powder

## Preparation

### Cobia (sous vide):

Mix water, salt, sugar and Liita in the Thermomix. Then marinate the Cobia fillet for 20 minutes in the mixture. Vacuum the Cobia fillet together with the nut butter. Cook for 20 minutes at 54 °C in the **fusionchef** sous vide water bath. Then roll in the carbonized Liita charcoal dust.

### Carbonized Liita cress:

Wrap the Liita cress in aluminum foil and ferment for 20 minutes in the Monolith at 85 °C. Smoke slightly. Next, remove from the aluminum foil and mix or grind to dust.

### Carbonized Liita charcoal dust:

Knead all components together and crumble on a baking sheet with baking paper. Bake at 120 °C for about 20 minutes until crispy.

### Charcoal Tuilles:

Mix everything well and fry in a hot pan until the water has evaporated and the Tuille is crispy.

### Yogurt beet ball:

Mix the yogurt in the Thermomix with lime juice and peel, season with sugar and salt. Thicken slightly with xanthan. Then fill in half-spheres and freeze. Remove when frozen and glue together to a ball. Melt cocoa butter, stain it with beet powder and cover the frozen yogurt ball with it.

### Beet mouse:

Stir QimiQ until smooth and whisk together with the remaining ingredients. Fill in Savarin forms and freeze. Remove from forms when frozen.

### Beet gel:

Bring all ingredients to a boil and then cool down until a firm jelly is formed.

**Beet mouse:**

400 g QimiQ Whip cooled  
100 g QimiQ Classic cooled  
300 g mascarpone  
200 g beet puree  
Salt  
Sugar

**Beet gel:**

500 ml beet juice  
10 ml lime juice  
6 g agar agar

**Yogurt cream:**

200 ml of yogurt  
Salt  
Sugar  
Xanthan

**Lime jelly:**

300 ml lime juice  
200 ml water  
7 g agar agar  
Sugar

Mix in the Thermomix.

**Yogurt cream:**

Mix yogurt in the Thermomix and season with salt and sugar. Thicken slightly with xanthan.

**Lime jelly:**

Bring all ingredients to a boil and then cool down until a firm jelly is formed.  
Mix in the Thermomix.

This recipe from the first qualifying round of "JUNGE WILDE 2018" (YOUNG WILD 2018) was kindly provided by Christina Steindl.

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