

**Author:** Anne-Sophie Pic  
**Preparation time:** 1 hour  
**Cooking time:** 10 minutes



## Ingredients

For 4 people

### Turbot:

4 pcs. turbot, 80 g each  
100 g lightly salted butter  
1 g ground, green aniseed  
Salt

### Cucumber puree:

1 cucumber  
2 g green aniseed  
Salt

### Marinated cucumber:

1 cucumber  
90 ml white balsamic vinegar  
80 g sugar  
Fleur de sel

### Beurre monté with green aniseed:

200 g sweet butter  
8 g green aniseed  
50 ml cream  
50 ml vegetable stock

### Garnish:

Fennel blossoms (if desired)  
Aniseed powder

## Preparation

### Cucumber puree:

Peel, core and chop the cucumber. Cook in boiling water and chill. Puree in a blender. Add the green aniseed (3.5 g aniseed to 1 kg cucumber). Strain through a fine cloth, drain and let it marinate overnight. Strain through a fine sieve and season to taste. Put aside.

### Marinated cucumber:

Add the sugar to the vinegar and bring to a boil, let it cool down. Dice the cucumber (1x1 cm) and let it marinate in the syrup for half a day. Drain and put aside.

### Beurre monté with green aniseed:

Heat a bit of water. Add the butter piece by piece and let it melt while constantly whipping the mixture. Stir this "beurre monté" with 6 g aniseed until creamy. Leave to marinate in a cold location.

Reduce the vegetable stock together with 2 g aniseed. Add the cream and reduce once more to half the liquid. Carefully add the butter and season to taste. Strain through a sieve and put aside.

### Turbot:

Mix the creamy, lightly salted butter with the aniseed powder and put aside. Season the turbot filets and place into a sous vide bag together with a nut size piece of aniseed butter. Do not vacuum with too much pressure, the fish must not be crushed. Place the sous vide bag into 83 °C hot water for 1 minute. Then cook the fish in the **fusionchef** sous vide water bath at 52 °C for 10 minutes. Remove the fish from the bag as soon as it is cooked.

### Serve & garnish:

Place an egg-shaped dumpling of cucumber puree and 3 dice of marinated cucumber on a plate.

Put the turbot on the plate and garnish with sauce. Decorate with fennel blossoms and aniseed powder.