

Roasted sturgeon sous vide

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Ingredients

Roasted sturgeon (sous vide):

400 g sturgeon (without skin and bones)
1 pinch of coated salt
1 pinch of sugar
Organic licorice root neutral vegetable oil
200 g fish sauce (intensive broth of stewed, caramelized fish heads and celery with dash broth from seaweed kombu, bonito flakes, and shiitake mushroom stock. Flavored with garlic and bell chilies, kaffir lime leaves and lemongrass from our Franconian tropical house.)
10 g muscovado sugar
3 g licorice syrup from licorice
55 g Tamari soy sauce
10 g anchovy paste

“Fish skin” seaweed chips:

80 g of shrimp meat
10 g oyster sauce
70 g tapioca flour
30 g anchovies
1 g of ground wakame seaweed
neutral rapeseed oil (for frying)
1 pinch of ground Wakame seaweed (to sprinkle)
1 pinch of bonito flakes (to sprinkle)

Franconian star fruit:

2 pieces of ripe star fruit (from the tropical house)
1 l water
40 g salt
12 g sugar
1 organic lemon

Preparation

Roasted sturgeon (sous vide):

Add fish sauce with muscovado, licorice, soy sauce, and anchovy paste into a measuring cup and mix with a blender until all ingredients are mixed well. Portion the sturgeon fillet into uniform pieces of 100 g each, season with coated salt and sugar all around and rub with fresh organic licorice root. Vacuum the seasoned pieces flat side by side with half of the marinade, let them marinate for 2 hours and cook for 10-12 minutes at 56 °C in the **fusionchef** sous vide water bath, depending on the thickness of the fish. Then remove, drain, and brown the fish on a lightly oiled baking sheet with a Bunsen burner evenly until strong roasted flavors develop. Reduce the remainder of the marinade in a saucepan on the stove to a syrup-like consistency and coat the browned fish with it.

“Fish skin” seaweed chips:

Mix prawns, anchovies and ground seaweed with the oyster sauce to a smooth puree. Then knead with the tapioca flour and form into a roll. Coat with rapeseed oil, wrap tightly one after the other with heat-resistant cling film and aluminum foil and vacuum. Cook in the steamer at 99 °C for approx. 50-60 minutes. Allow the roll to cool down and freeze it. Unpack the frozen roll, cut to 0.5 on the slicer and let it dry for 24 hours at room temperature. Deep-fry in 180 °C hot oil until it looks like fish skin, drain on a paper towel, sprinkle with bonito flakes and ground wakame and store in a warming oven.

Franconian star fruit:

Peel the lemon with a peeler and keep the peels. Then extract the juice of the lemon. Slice the ginger into thin slices and open the lemongrass with the back of the knife. Mix water, salt, sugar, lemon juice and peel, lime leaves, ginger, and lemongrass, and vacuum the star fruit with this broth. Then cook (depending on size and degree of ripeness) in the steamer at 99 °C for 20-30 minutes, and cool down in ice water. Take the cooled star fruit from the broth, cut into slices of about 1 cm thickness, and sprinkle with sea salt and ground Szechwan pepper.

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2 pcs Kaffir lime leaves
10 g of ginger, with skin
10 g lemongrass
1 pinch of sea salt (Fleur de Sel)
1 pinch of Szechuan pepper, ground

Serve:

100 g Franconian caviar (by Sebastian Salomon)
100 g creme fraiche
Salt

Serve:

Smooth the creme fraiche in a bowl with a whisk, season with salt, and spread with a spoon on the plates.

Place a slice of star fruit in the center of the right half of the plate and place a large portion of caviar on it. Arrange the browned sturgeon next to it and carefully place a large seaweed chip on top of the fish.

This recipe was kindly provided by Alexander Herrmann.