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Ingredients

Poached green apples:

100 g green apples
15 g finely granulated sugar
200 ml water
Cinnamon
Cloves

Green apple-vanilla Espuma:

10 g Boiron green apples
2 g BASIC Textur
3 g vanilla
2 g papaya pepper

Brine for fish:

1000 ml water
70 g salt
20 g finely granulated sugar
10 g lemon pepper

Green apple - Arctic char sorbet:

170 g sugar
50 g glucose
140 g water
300 g Arctic char
10 g lemon juice
200 g Boiron green apples
10 g BASIC Textur

Marinated raw char:

20 g brined Arctic char

Sea bass (sous vide):

70 g sea bass
20 g vanilla oil
3 g vanilla

Preparation

Poached green apples:

Allow the sugar to caramelize in a sauté pan and then add water. Poach the carved apples in this broth.

Green apple-vanilla Espuma:

Mix all ingredients thoroughly, heat and fill into an iSi vacuum-insulated bottle. Create pressure in the bottle using 2 cream chargers.

Brine for fish:

Dissolve sugar and salt in water and soak the fish for 10-12 minutes.

Green apple - Arctic char sorbet:

Mix all ingredients in the Thermomix and work it into an ice using the Pacojet or the sorbet maker.

Sea bass (sous vide):

Brine, fillet and cut the sea bass into portions. Vacuum together with oil and the seasonings and poach at 60 °C in the **fusionchef** sous vide water bath for 7 minutes.

Wild rice cream:

Cook the wild rice until soft and then mix while adding butter, salt and cream until the mixture has a fine consistency.

Wild rice cracker:

Take some of the cooked rice, pulverize it and spread onto a Silpat mat. Allow to dry in the oven at 80 °C (0% humidity). Break the almost crisp rice mat into pieces, allow them to puff up in the oil, remove and season with a bit of salt.

Green apple gel:

Mix the Boiron green apple purée and bind using the xanthan gum.

This recipe from the preliminaries of the "JUNGE WILDE 2016" was kindly made available to us by Christina Steindl. Photo: ©ROLLING PIN

2 g papaya pepper

Wild rice cream:

100 g wild rice
20 g whipping cream
10 g butter
5 g salt

Wild rice cracker:

10 g wild rice
Salt

Green apple gel:

10 g Boiron green apples
1 g xanthan gum