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Cooking time: 3 minutes



Ingredients

Hake (sous vide):

Approx. 2.5 kg fresh hake

Tomato crème:

1 kg fresh Roma tomatoes
Spanish olive oil
White wine vinegar
Salt
Piment d' Espelette

Arranging/Serving:

2 cucumbers
Approx. 0.8 – 1 kg smoked eel
Shiso Purple cress

Preparation

Hake (sous vide):

Let the fishmonger scale and fillet the hake. Let it cut into 4 pieces. The freshness of the hake can be determined by the firmness of its meat. The softer the meat, the lower the quality.

Vacuum the hake with olive oil and cook sous vide in a **fusionchef** sous vide water bath at 55 °C for 3 minutes. Place on a paper towel for drying.

Tomato crème:

Wash the Roma tomatoes, cut into 4 pieces and remove the seeds. Blend the tomato pieces in a Thermomix (alternatively use a hand blender) for approx. 10 minutes. Season to zesty flavor with olive oil, salt, sugar, white wine vinegar and Piment d' Espelette. Strain tomato crème through a fine sieve and place it in the fridge.

Smoked eel:

Fillet the smoked eel and remove the bones. Cut into pieces of the size of a 1-Euro piece.

Cucumbers:

Wash and peel the cucumbers. Use an economy peeler to cut long strips. Do not use the core. Roll 5 strips for each plate.

Arranging/Serving:

Pour a bit tomato crème into a soup plate. Garnish the rim of the plate with rolled cucumber strips and pieces of smoked eel. Place a piece of hake in the middle of the plate and garnish with cress and olive oil.

This recipe was generously provided by Marc Rennhack.