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**Cooking time:** 1 hour 15 minutes



## Ingredients

For 6 people

700 g finely sliced swordfish  
300 g stemmed tomatoes  
thyme, 1 small bunch  
150 g sliced bread  
wild fennel and parsley, 1 small bunch  
1 orange  
1 lemon  
40 g desalted capers  
60 g pitted olives  
extra virgin olive oil  
salt and pepper

## Preparation

Peel the tomatoes, remove the seeds, cut into wedges, arrange on a baking sheet, season with salt, pepper, thyme and soften in the oven at 120 °C for around an hour.

Remove the crust from the bread and mix it with the parsley, half the wild fennel and the citrus peel.

Arrange the swordfish slices on a baking sheet, sprinkle with the seasoned bread, roll up the slices, place them in a cooking sous vide bag, vacuum seal with the orange juice and place in your **fusionchef** sous vide water bath to cook for 15 minutes at 58 °C.

Mix half the capers with the wild fennel, salt, pepper and oil.

Remove the involtini from the vacuum bag, arrange them in the serving dishes, finish with the olives, the remaining capers and the softened tomatoes and season with the caper and wild fennel sauce.