

Zurich-style fish with sea bass sous vide

Author: Jürgen Kettner



Ingredients

Champignon mushroom ice:

500 ml veal stock
600 g champignon mushrooms
90 g glucose
15 g passion fruit purée
2 leaves of gelatin
1 g of ice stabilizer
5 g BASIC Textur
2 g champagne vinegar
Sugar
Salt

Onion crunch:

200 g onions
200 g flour
150 ml sunflower oil
Salt
Sugar
Pepper

Char in marinade:

400 g char
400 ml water
50 ml lime juice
40 g lemon grass
25 g ginger
1 kafir sheet
4 g salt
25 g light soy sauce
10 g veal stock
5 g bergamot juice
5 g bonito vinegar
100 g sunflower oil

Veal-champignon stock:

Preparation

Champignon mushroom ice:

Bring champignon broth, glucose and passion fruit purée to a boil. Dissolve gelatin, ice stabilizer and BASIC Textur in the broth. Season with salt, sugar and champagne vinegar. Fill the ice mixture into a Pacojet container and freeze. Pacotize before serving.

Veal-champignon broth:

Finely shred champignon, sear and douse with Madeira. Reduce the mixture and then douse with the veal stock. Add the dried porcine and allow to soak 10 minutes. Sieve broth.

Onion crunch:

Peel onions and cut into small brunoise cubes. Dust with flour and fry. Deep fry in 180 °C oil and then place on paper towel to soak up excess oil. Season.

Char in marinade:

Debone and cut the char fillets into serving sizes. For the marinade liquid, mix lime juice, lemon grass, ginger and kafir leave and heat to 80 °C. Allow the broth to cool and then vacuum the char fillets with it for 2 hours. Mix light soy sauce, veal stock, bergamot juice and bonito vinegar and whip with sunflower oil. Season with salt and pepper. Marinate the char pieces before serving.

Veal-champignon broth:

Finely shred champignon, sear and douse with Madeira. Reduce the mixture and then douse with the veal stock. Add the dried porcine and allow to soak 10 minutes. Sieve broth.

Sea bass (sous vide):

Remove skin from sea bass and cut into servings. Vacuum together with Mirin and soy sauce and poach at 48 °C in the **fusionchef** sous vide water bath. Remove from the bag and use a Bunsen burner to brown it.

Sour cream with parsley oil:

Mix sunflower oil with salt and parsley at 80 °C for 6 minutes. Sieve. Cool down on ice water. Sieve again and fill into a siphon bottle. Mix sour cream with veal stock

Zurich-style fish with sea bass sous vide

500 ml veal stock
800 g champignon mushrooms
20 g dried porcine mushrooms

Sour cream sauce:

200 g sour cream
50 g veal stock
5 g light soy sauce

Parsley oil:

200 g sunflower oil
180 g flat parsley
3 g salt

Parsley-wasabi mayonnaise:

40 g egg yolk
5 g powdered wasabi
6 g mustard
75 g sunflower oil
40 g parsley oil
5 g bonito vinegar
Salt
Honey
Pepper

Braised shallots:

400 g shallots
40 ml sake
40 ml oil
Bay berries
Rosemary
Thyme

Sea bass (sous vide):

400 g sea bass
50 ml light soy sauce
25 ml Mirin

Garnish:

150 g champignon mushroom caps
15 g parsley
30 g escarole
80 g char caviar

and season with salt, pepper and sugar. Add the parsley oil emulsion before serving.

Parsley-wasabi mayonnaise:

Emulsify egg yolk, mustard and vinegar in the Thermomix and gradually add oil. Season with wasabi, salt, honey and pepper and fill into a siphon bottle.

Braised shallots:

Vacuum shallots with oil, sake, bay berry, rosemary and thyme and steam cook in a 99 °C oven for 10 minutes.

Garnish:

Finely shred champignon and layer on top of each other. Pluck parsley leaves and prepare char caviar.

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