



Confit of Fennel-Anise, Basil-Potato foam, Macadamia Gremolata



Preparation – Fennel

Vacuum all ingredients together on a medium setting. Cook on Steam 85 °C for 38 minutes. Chill briefly in ice water. Take out of the bag, save fennel stock and place to one side for the fennel salsa. Heat olive oil in a pan and caramelize the fennel slices.

Preparation Fennel-Salsa

Thoroughly mix all ingredients and season to taste.

Preparation Potato-Basil Foam

Boil potatoes in their skins in salt water until soft, peel and pass through a fine sieve. Heat all remaining ingredients to 80 °C and leave to infuse for 10 minutes. Strain and mix with the still-hot potatoes into a smooth mass. Season to taste and pour into an espuma gun, charge with one gas cartridge and shake well.

Rezept für 4

Ingredients – Fennel

3 medium fennel bulbs,
peeled and cut into
2 cm thick slices
2 star anise
½ tsp fennel seeds
3 tbsp pastis
100 ml olive oil
Fleur de sel
1 handful basil leaves

Ingredients – Fennel Salsa

1 fennel bulb, peeled and
finely diced
Stock from the vacuum bag
3 tbsp lemon juice
½ tsp sugar
Salt, pepper, freshly
ground

Ingredients – Potato- Basil Foam

500 g mealy potatoes
200 ml cream
300 ml milk
40 g butter
2 tbsp basil oil
1 bunch basil
Salt



Preparation Macadamia-Gremolata

Dust fennel, ginger and shallot separately with rice flour and deep-fry at 150 °C in hot oil until crisp. Allow to drain well on kitchen paper and season with the remaining ingredients.

Anrichten

Settings Fennel

With preheat

38 minutes | Steam 85 °C

Serving suggestion

Place fennel on the plate, spoon salsa around it. Pour the foam over it and finish with the gremolata. Garnish the plate with basil oil, fresh and deep-fried basil leaves.

Ingredients – Macadamia Gremolata

1 fennel bulb, peeled and very finely sliced
2 cm ginger, in very fine julienne strips
1 shallot, very finely sliced
1 tbsp rice flour
50 g macadamia nuts, roasted and chopped
Fleur de sel
Fennel seeds, roasted and ground
Oil for deep-frying