

# Fresh Rolls

Markus Arnold



## Preparing the Poussin

Blast the poussin with a blowtorch and cut out the ribcage. Season the ribcage well on the bone, fry in nut butter with salt and pepper. Cook the poussin-ribcage with Hot Air at 180°C until it reaches a core temperature of 60°C. Leave the ribcage to rest for 10 mins. and then cut out the poussin breasts (separate wing and joint) . Optional: Smoke the breasts with cherry wood in the Green Egg for 30 secs.

## Preparing the Coriander rice paper

Soak the rice sheets in warm water for 10 secs. and place one piece on greased baking paper. Sprinkle with coriander and cover with another sheet of soaked rice paper. Cover with a piece of greased baking paper and press together. Repeat this process four times and chill the Korean rice paper for 30 mins. in the fridge.

## Preparing the Avocado puree

Scoop out the avocado with a spoon and mash it with a fork, add sour cream to taste, season.

## Rezept für 4

### Ingredients for the Poussin

2 poussin, whole  
50 g butter  
Sea salt / black pepper  
30 g cherry wood

### Ingredients for the Coriander rice paper

8 sheets of Vietnamese rice paper  
10 g coriander, thinly sliced  
8 x baking paper  
8 x baking paper

### Ingredients for the Avocado puree

1 Hass Avocado  
20 g sour cream  
1 x sea salt / pepper

### Filling for the Fresh Rolls

100 g cucumber, peeled and cut into strips  
1 lime, segmented and the segments halved  
20 g salted peanuts, roasted and crushed  
4 Belgian endive leaves, halved  
1 spring onion, finely chop green part  
40 g harissa ketchup  
40 g sesame Dressing  
60 g mango, thinly sliced



### **Preparing the Harissa ketchup**

Mix all of the ingredients in a blender for 60 secs. until a homogeneous texture is achieved. Season with salt and pepper to taste. Tip: The ketchup can easily be stored for two weeks in a sealable glass container.

### **Preparing the Sesam dressing**

Mix all of the ingredients in a stone mortar to create a creamy sauce.

### **Anrichten**

Remove the baking paper and place the Coriander rice paper on a plate with a serviette. Place all of the ingredients on the rice paper and roll up.

To the video!

#### **Ingredients for the Harissa ketchup**

400 g tomato puree  
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400 g white wine vinegar  
80 g sugar  
30 g sea salt  
0.5 g ground cloves  
10 g porcini powder  
2 g harissa, dried  
2 g piment d'Espelette  
Sea salt / black pepper

#### **Ingredients for the Sesam dressing**

60 g sake  
30 g toasted sesame paste  
10 g shiro miso paste  
5 g toasted sesame oil  
20 g sugar  
20 g mirin  
20 g rice vinegar  
20 g roasted, chopped peanuts