

Cod with Pear and Black Salsifies

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Preparation

Mix together all of the ingredients well and marinate the fish in the mixture for 12 minutes. Take the fish out of the marinade. Boil the marinade until the salt and sugar have dissolved and then leave to cool. Use a mandolin to cut 1 pear into thin slices. Place the sliced pear on top of the fish. Wrap tightly in cling film, vacuum-pack and then cook in the CombiSteam/MSLQ for 12 minutes at Steam 52 degrees.

Ingredients

Pear Hollandaise:

3 egg yolks
100 ml reduction (white wine, pear vinegar, spices)
25 ml pear vinegar
170 g clarified butter
5 tbsp. pear purée

Black Cod:

700 ml water
200 ml mirin
100 ml sake
150 g salt
200 g sugar

Black Salsifies:

8 pieces of black salsify, finger length
500 ml chicken stock
30 ml light soy sauce
30 ml dark soy sauce
30 g dried wild mushrooms
30 ml rice wine
1 dash of pear vinegar
Honey, salt



Place the liquid ingredients in a saucepan, adding salt and a splash of honey. Clean and peel the black salsifies and cook them in the stock, taking them off the heat whilst they are still firm to the bite. Drip-dry the black salsifies on a cloth. Optional: Finely blend the dried wild mushrooms, mix with finely grated macadamia nuts and roll the cooked black salsifies in the mixture.