



# Cod and soft-shell crab with sea-buckthorn and pumpkin



## Preparation cod

Place the cod on a buttered baking tray, season with salt and pepper and then steam at 52 °C in the MSLQ for approx. 10 minutes.

## Preparation soft-shell crab

Season the crab legs with a little salt and coat them in tempura flour. Then fry until crispy in fat heated to 180 °C, leave to drain on a tea towel and season with a little salt and cayenne pepper.

## Preparation pumpkin stock

Mix the pumpkin juice, orange juice and carrot juice with the seasonings and reduce by half. Then pass through a fine sieve and season to taste with salt and fresh lime juice. Finally, finish the stock with the butter.

## Rezept für 4

### Ingredients cod

4 x 150 g cod fillet

### Ingredients soft-shell crab

60–100 g soft-shell crab

### Ingredients pumpkin stock

300 ml pumpkin juice

(fresh juiced pumpkin)

300 ml carrot juice (fresh juiced carrot)

100 ml orange juice

4 sticks of lemongrass

2 shallots

1 clove of garlic

30 g fresh ginger

2 tablespoons of XO sauce

2 limes

Salt, pepper

50 g butter

### Ingredients sea-buckthorn and pumpkin

150 g sea-buckthorn

200 g Hokkaido pumpkin

50 g sugar

50 ml water

¼ small chilli pepper

Star anise

10 g fresh ginger



### **Preparation sea-buckthorn and pumpkin**

Peel the pumpkin and cut into small cubes. Briefly blanch the cubes in salted water and then chill in ice-cold water. Combine the sugar, water and seasoning, and bring to the boil. Add half of the sea-buckthorn, return to the boil and then set aside. Briefly boil the other half in salted water and then chill in ice-cold water. Now drain the individual components and combine. Remove the seasoning and heat everything together, then season to taste with salt and a little fresh lime juice.