

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

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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.

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 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.

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.