



Scampi with parsley macarons, carrots and sea buckthorn



To prepare the scampi

Set the Combi-Steamer to 190 °C. Remove the flesh from the tails and season with salt. Melt the butter in a pan and add the scampi. Place the scampi in the oven and leave there until cooked through. Remove and plate up.

To prepare the pickled carrots

Steam the preserving jars at 100 °C for 10 minutes and place on a clean, dry towel. Peel the carrot and chop as desired, layer in the jars. To make the stock, bring the remaining ingredients to the boil and leave to infuse for 30 minutes. Strain the stock and return to the boil, pour the hot stock over the carrots and seal the jars immediately. Steam the jars at 100 °C for a further 10 minutes. Remove and leave to cool. Leave to infuse for 3-4 days, turning the jars regularly.

Rezept für 4

Ingredients for the scampi

4 scampi tails
10 g butter
salt

Ingredients for the pickled carrots

1 large carrot
100 g table vinegar
100 g sugar
100 g water
1 chilli pepper
2 lime leaves
coriander seeds,
peppercorns, mustard
seeds, tarragon, splash of
Noilly Prat
½ lemon (juice)

Ingredients for the confit potato cubes

2 large potatoes (type C,
mealy)
150 g olive oil
bay leaf, juniper, cloves,
rosemary, thyme
salt
oil for deep-frying

Ingredients for the carrot salad

2 carrots
1 orange
2 tbs rapeseed oil
1 tbs passion fruit vinegar
salt, Tabasco



To prepare the confit potato cubes

Peel the potatoes and cut into uniform cubes (keep the scraps). Place the olive oil, spices and potato cubes in a vacuum bag and vacuum-seal. Cook at 85 °C (steam) for around 50 minutes and then dip the bag in ice-cold water. Finely grate the potato scraps and deep-fry gently in oil until crispy.

To prepare the carrot salad

Wash and peel the carrots, cut into thin strips. Mix the grated zest and juice from the orange with the remaining ingredients and marinate the carrot strips. Season to taste and leave to infuse for 1 hour.

To prepare the parsley macarons

Turn the oven to 140 °C (fan!) If you don't have a silicone macaron mat, draw circles (approx. 3 cm in diameter) on a sheet of baking paper. Mix the icing sugar, almonds and parsley powder, blitz thoroughly in a mixer and pass through a fine sieve. Beat the egg white with a pinch of salt until stiff. Gradually add the sugar and beat until you have a shiny meringue mixture. Add the food dye. Carefully fold in the icing sugar and almond mixture. Transfer the mixture to a piping bag and carefully pipe into the circles. Leave to dry for 1 hour and then bake for 15 minutes in the preheated oven. Leave to cool completely. To make the filling, finely chop the parsley, mix with the remaining ingredients and season to taste. Fill the macarons and enjoy straight away.

To prepare the parsley chips

Place all the ingredients in a squirt bottle and shake well. Squirt into a hot, non-stick frying pan, then turn down the heat and fry gently until crispy.

To prepare the parsley foam

Sauté the light mirepoix in a little butter until translucent. Cover with white wine and vegetable stock. Add the spices and cream then simmer gently for 30 minutes to reduce. Strain the sauce and season to taste. In a blender, gradually add in the cold butter and parsley until the sauce is a wonderful green colour, then pass through a fine sieve once again. Reheat and froth up before serving.

To prepare the carrot puree

Wash, peel and finely chop the carrots. Melt the butter and sauté the carrots. Add a little water, cover and cook until soft. Blend until smooth and season to taste with salt.

To prepare the sea buckthorn foam

Prepare and finely chop the vegetables and onions. Heat the sesame oil and sauté the vegetables. Cover with white wine, add the spices and chilli pepper. Add the coconut milk and sea buckthorn puree, reduce gently. Blitz briefly and pass through a fine sieve. Season to taste. Froth up well before serving and plate up immediately.

Ingredients for the parsley macarons

120 g icing sugar
90 g shelled ground almonds
60 g egg white
1 pinch of salt
60 g sugar
15 g parsley powder
3-4 drops of green food dye
200 g mascarpone
2 g parsley powder
10 g fresh parsley
salt, pepper, Tabasco

Ingredients for the parsley chips

90 g water
40 g sunflower oil
10 g flour
5 g parsley powder
salt

Ingredients for the parsley foam

200 g cream
50 g vegetable stock
50 g white wine
100 g light mirepoix
100 g butter
juniper, clove, bay leaf
salt
parsley

Ingredients for the carrot puree

300 g carrots
30 g butter
salt



**Ingredients for the sea
buckthorn foam**

100 g sea buckthorn

puree

400 g coconut milk

50 g onions

50 g light mirepoix

100 g carrots

100 g white wine

1 lime leaf

1 bay leaf

1 clove

½ chilli pepper

sesame oil

salt