



"North Africa"
Mackerel "Escabeche" | Jerusalem
artichoke
Leek and carrot salad



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Recipe for 4 people

Escabeche Sud

20 ml white balsamic

vinegar 10 ml tomato juice

60 ml olive oil

Salt

Pepper

Sugar

Tabasco

1. mix all the ingredients together to make a homogeneous dressing. Season to taste

Mackerel

1 mackerel 800g

olive oil

Salt

Pepper

1. Fillet the fish and remove the bones. Cut the fish into 4 even pieces of 50g each. Set the pieces aside for the tartare and fish mousse.

2. Dust the fish fillets lightly with flour and season with salt and pepper.

3. Heat a little olive oil in a pan and fry the fish fillets on both sides until golden brown. The fillet should still be translucent. Remove from the pan and set aside.



Tartar

100g mackerel

fillet 1 shallot

1/2 Granny Smith apple

a little lime juice a little

gin

Lemon olive oil

Chives

Salt

Pepper

1. Skin the mackerel fillet and cut into fine cubes.
2. Dice the shallot and finely dice it too.
3. Core the apple and cut into fine cubes.
4. Cut the chives into fine rolls.
5. Mix all the ingredients well and flavour with salt, pepper, olive oil, gin and lime.



Fish mousse in apple jelly

50ml fish stock

50ml cream

50g mackerel

fillet 3 sheets of

gelatine Noilly

Prat

Salt

Pepper

a little lime juice

1. Bring the fish stock to the boil and finely puree the mackerel fillet in the stock.
2. Add the soaked gelatine and lime juice and flavour with salt and Noilly Prat.
3. Fill into half-round moulds and freeze.

Apple jelly

100ml apple juice reduced from 300ml

Some green apple powder,

3.5 g vegetarian gelatine

1. Mix all the ingredients and bring to the boil once
2. Skewer the frozen fish mousse onto a toothpick and dip briefly into the jelly to create a jelly coating.



Leek and carrot salad

½ pepper

1 carrot

¼ Leek stick

1. Scorch the skin of the peppers with a gas burner until it darkens and you can peel it off.
2. Peel the carrot, cut into thin slices and cut out small flowers with a small serrated cutter.
3. Cut the leek and pepper into diamonds.
4. Briefly blanch the leek and carrot flowers in salted water.
5. Marinate the vegetables in a little Escabeche stock.

Rouille

1 egg yolk

1 teaspoon medium hot mustard

1 teaspoon paprika powder, rose-

hot 1 pinch of saffron powder

1 pinch of Espelette pepper

2 cloves of garlic, finely grated

150-200 ml rapeseed oil

Salt

1. Pour all the ingredients except the oil into a tall, narrow container. The ingredients and the oil should be at room temperature.
2. Mix briefly with a magic wand and gradually add the oil.
3. Flavour with salt.



Tomato caviar

400 ml vegetable oil

300 ml light-coloured

tomato stock 3 g agar-agar

powder

Light-coloured

tomato stock 6

pieces of tomatoes

1 piece of shallots

1 clove garlic Sugar

Salt

1. Pour the vegetable oil into a jam jar. Place in the freezer for 30 minutes. It is important that the oil is very cold.
2. To make the liquid, puree the tomatoes, shallots, garlic, sugar and salt. Then sieve through a cloth.
3. Then mix with the agar agar powder in a small pan and bring to the boil briefly.
4. Then pour into a plastic bottle with a pointed spout or a disposable syringe. While it is still hot, drizzle drop by drop into the ice-cold oil. The drops will sink to the bottom of the glass as pearls.
5. Then pour through a small sieve and collect the oil for further use. Finally, rinse the pearls with cold water and chill until ready to serve.