

Catfish fillet with Gorgonzola and pears

Cuisine: German

Food category: Fish



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Program steps

| | | | | | | | | |
|---|---|----------|-------|---------------------------------------|-------------|-------|---------|---|
| 1 | Geräuchertes Welsfilet | Hot air | 0 % | Termination by time | 00:20 hh:mm | 40 °C | + 100 % | ✕ |
| 2 | Geräuchertes Welsfilet - Rauchmodul Stufe 2 einschalten | Hot air | 100 % | Termination by time | 00:01 hh:mm | 40 °C | + 100 % | ✕ |
| 3 | Pause | | | | 600 s | | | |
| 4 | Pause | | | | 600 s | | | |
| 5 | Pause | | | | 600 s | | | |
| 6 | Pause | | | | 45 s | | | |
| 7 | Geräuchertes Welsfilet | Hot air | 100 % | Termination by core probe temperature | 55 °C | 80 °C | + 50 % | ✕ |
| 8 | Sous-vide Birne | Steaming | | Termination by time | 01:00 hh:mm | 82 °C | + 50 % | ✕ |
| 9 | Getrocknetes Tomatennetz | Hot air | 100 % | Termination by time | 09:00 hh:mm | 50 °C | + 60 % | ✕ |

Ingredients - number of portions - 10

| Name | Value | Unit |
|---------|-------|------|
| tomato | 2 | kg |
| parsley | 30 | pcs |

| Name | Value | Unit |
|--------------------|-------|------|
| fresh baby spinach | 20 | pcs |

| Name | Value | Unit |
|------|-------|------|
| mint | 10 | pcs |

Directions

Smoked catfish fillet: Vacuum seal the catfish fillet with water and sea salt together and let it brine in fridge for 48 hours. Then remove the fillets and wash them. Then smoke and cook in the combi steamer as follows: prepare the smoking module and fill it with the smoking material. To flavor the smoke, you can also add the following to the wood chips: rosemary sprigs, pumpernickel, coffee beans, onions. Place the fish fillets on a wire rack at the top of the combi-steamer and place the smoke module in the combi-steamer. The cooking cycle is as follows: 40°C hot air with the humidity flap valve fully open / 100% fan / 20 minutes.

| Name | Value | Unit |
|----------------------|-------|------|
| lime juice | 40 | ml |
| 5 tbsp vegetable oil | 60 | ml |
| walnut oil | 50 | ml |
| tomami | 10 | ml |
| brown sugar | 4 | g |
| sea-salt | 2 | g |
| ground white pepper | 0.5 | g |

| Name | Value | Unit |
|--------------|-------|------|
| pears peeled | 8 | pcs |
| riesling | 1 | l |
| tonka bean | 2 | pcs |

| Name | Value | Unit |
|---------------|-------|------|
| Whipped cream | 200 | ml |
| gorgonzola | 150 | g |
| Clotted Cream | 150 | g |
| gelatin | 1 | pcs |

| Name | Value | Unit |
|----------------------|-------|------|
| catfish fillet | 800 | g |
| water | 1000 | ml |
| sea-salt | 20 | g |
| rosemary sprig | 3 | pcs |
| pumpnickel | 50 | g |
| roasted coffee beans | 5 | g |
| red onion | 70 | g |

Nutrition and allergens

Allergens:

Minerals: Ca, CA, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 367.8 kJ |
| Carbohydrate | 15.3 g |
| Fat | 10.4 g |
| Protein | 18 g |
| Water | 0 g |

Turn on the smoke module at level 2.

Break with 30 minutes 45 seconds. Then 80°C dry heat / 50% fan / KT 55°C / closed humidity flap valve.

Sousvide pear: Vacuum pack 4 pears each, one tonka bean and 500 ml Riesling and cook at 82°C in steam mode with 50% fan speed for 60 minutes, then drain and halve, core and cut 5 pears into compartments, save the remaining pears for further processing. Keep the reserved pear stock warm.

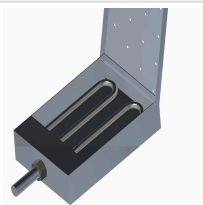
Gorgonzola Mousse: Dissolve the gelatine in the warm sous-vide pear stock, then beat with the Gorgonzola and creme fraiche. Add the pear puree and continue to beat, then fold in the 90% whipped cream.

Tomato: Cut the tomatoes into very fine slices and dry in the combi steamer at 50°C in hot air mode with the humidity flap open and 60% fan speed for 9 hours.

Marinated spinach: Dress the spinach with the vinaigrette and serve immediately.

Mojito – Vinaigrette: Mix everything together in a high-performance blender.

Arrange everything on a plate and garnish with fresh dill sprigs.



Vision Smoker