

Catfish fillet with Gorgonzola and pears

Cuisine: German
Food category: Fish





Author: Retigo Team Deutschland
Company: RETIGO Deutschland GmbH

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	 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
pumpernickel	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.

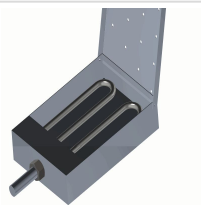
Tomato: Cut the tomatoes into very fine slices and dry in the combi steamer at 50°C in hot air mode with the humidity flap open and 60% fan speed for 9 hours.

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

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

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

Recommended accessories



Vision Smoker