

sous-vide bream with spinach mousse

Cuisine: **Other**Food category: **Fish**Author: **Ondrej Vlcek**Company: **Retigo**

Program steps

Preheating: **99 °C**

1 steaming spinach

Steaming	Termination by time	00:04 hh:mm	99 °C	50 %	
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2 sous-vide fish

Steaming	Termination by time	00:40 hh:mm	55 °C	70 %	
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Ingredients - number of portions - 5

Name	Value	Unit
skinless bream fillet boned	600	g
baby spinach	200	g
double cream	50	ml
salt, nutmeg	3	g

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Manganese, Potassium, Sodium

Vitamins: Folate, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	141.2 kJ
Carbohydrate	1.4 g
Fat	2.6 g
Protein	30 g
Water	126.6 g

Directions

First we steam spinach. Let it cool and squeeze as much liquid out as possible.

Prep desired fish fillet into portions, keeping the off cuts for mousse.

Using food processor, blitz all the off cuts into a fine mousse adding double cream and season with salt. After blitz the spinach seasoned with little bit of salt and nutmeg.

Fold it together. Can be passed through fine sieve for extra smooth texture. Check seasoning.

Place fish portions onto a work surface and spread thick layer of mousse on each portion.

Wrap carefully into cling film. There should be no air bubbles in wraps so you can pierce the cling film with sharp knife tip to make tiny holes releasing air bubbles. Cook using the provided program. Time may vary depending on thickness of portions.