



KOPPERT CRESS
Architecture Aromatique

Monkfish with Mussel Lentils



Ingredients

- 1 monkfish back of 800 g approximately

Lentils

- 1 kg Mussels

Broth

- 100 g Mussel water
- 2 g Resource
- 50 g Tap water

Vegetables

- 20 g Diced carrot
- 20 g Diced greenpepper
- 20 g Diced red pepper
- 20 g Diced baby leek
- 50 g Cider vinegar
- 2 oregano leaves
- 2 Thyme sprigs

Oil Capsule Gelatin

- 500 g water
- 50 g gelatin

Filling

- Virgin olive oil
- Affilla® Cress

Monkfish

Mark the monkfish back on both sides and set aside on a tray.

Mussel lentils

Open the mussel (fresh) and with a knife get them out of the shell and put in a strainer. Grind the meat and strain. Put in a bottle. Heat up olive oil up to 70°C and start adding drops of the musselmix with the bottle. Let it set for a minute and dry out in a strainer. Keep the lentils in oil.

Broth

Get the water from the mussels (when opening). Add tap water. Heat up and boil for one minute. Put in a cheesecloth and strain, thicken with the resource.

Vegetables

Blanch the vegetables separately, cooling them out quickly. Let rest for an hour in vinegar with all the aromatics. Put the oil in the roaster and set the temperature at 70°C, put there the diced monkfish for 15 minutes.

Oil Capsule

Mix the water with the vegetable gelatin and boil. Cool down to 75-80°C to work with it, this will give you a better texture. For the capsules, put on a silpad the cress and cover with olive oil, immediately put in the freezer for 12 hours. Take out from the silpad and make a little hole with a needle, cover with the gelatin and let it defrost inside the refrigerator.

Presentation

Put some broth in the bottom of the plate and put 4 pieces of the vegetables, in the corners put some lentils and the oil capsule. Put the monkfish on the grill (to heat up briefly) and put in the center of the plate.