

BLACK COD "TUPPERWARE"			
RICE - FENNEL - MAYO			
			<b>COD FILET</b> Filet cod fish, remove skin and belly then portion fillet in half lengthwise. Portion cod to 40cm and 450-500g portions, Wrap portions in cling film cure cod in fennel salt for 1 hr. Remove from cure, rinse lightly and marinate in milk water for 1hr Remove and rinse lightly before patting dry and place on a griddle, dry in fridge for 6 hours Brush fillet lightly with olive oil and store in vacuum bag in fish fridge.
<b>AMBER COD GARNITURE</b> <b>ORANGE SKIN</b> 12 G <b>LEMON SKIN</b> 12 G <b>DILL</b> 7 G			<b>AMBER COD GARNITURE</b> Peel skins of citric Remove white membrane Chop citrus skins Pick dill leaves  <b>FENNEL SALT</b> Mix all, robo-coupe.
<b>SALT FINE</b> 1 KG <b>SUGAR FINE</b> 1 KG <b>FENNEL SEEDS (TOASTED)</b> 65 G			<b>MILK WATER</b> Mix all.
<b>MILK UHT</b> 1 L <b>MINERAL WATER</b> 1 L			<b>5 SPICE KAPPA</b> Hand Blend cold liquids and kappa. Boil and Store on warm plantar before using.
<b>FIVE SPICE WATER</b> 1 PART <b>MINERAL WATER</b> 1 PART <b>TEXTURAS KAPPA</b> 3 %			<b>FIVE SPICE MIX</b> Mix all ingredients Cold infuse for 12hrs Sieve fine mesh chinois and store in fridge
<b>FIVE SPICE MIX</b> 400 G <b>MINERAL WATER</b> 4 L			<b>FIVE SPICE MIX</b> Combine all and wash Toast until dry in an oven @ 165°C
<b>FENNEL SEED</b> 125 G <b>CLOVE</b> 50 G <b>CINNAMON STICK</b> 50 G <b>PEPPER SICHUAN</b> 100 G <b>STAR ANISE</b> 100 G			<b>PICKLED CONDIMENT RICE SALAD</b> Build salad lightly following the order of ingredients in the recipe.
<b>SOY AIOLI, (Quenelle)</b> 12 G <b>SUSHI RICE (Do Not Press)</b> 15 G <b>FENNEL PASTIS SALAD</b> PM <b>RADISH, Pickled</b> 2 UNIT <b>CARROT, Pickled</b> 1 UNIT <b>CORIANDER STEMS, Pickled</b> 2 UNIT <b>CELERY, Pickled</b> 2 UNIT <b>APPLE, Batonnet</b> 2 UNIT <b>MUSHROOM BUTTON, Sliced</b> 2 UNIT			<b>SOY AIOLI</b> Combine Sieve and Tamis Store in squeeze bottle in fridge.
<b>AIOLI BASE</b> 250 G <b>OIL OLIVE GRADE A</b> 10 G <b>XEREZ VINEGAR</b> 10 G <b>SOY KIKKOMAN</b> 10 G			<b>AIOLI BASE</b> Blend in Kitchen Aid (speed 5) in the following order Egg yolks, mustard, vinegar, salt and pepper Emulsify slowly Add oils on high speed Refrigerate in air tight container.
<b>GARLIC (FINELY CHOPPED)</b> 20 G <b>EGG YOLK</b> 6 PC <b>VINEGAR WHITE WINE</b> 25 G <b>FRESH LEMON JUICE</b> 10 G <b>OIL VEGETABLE</b> 500 G <b>MUSTARD DIJON</b> 50 G <b>SALT FINE</b> 10 G			<b>SUSHI RICE</b> Combine Use immediately
<b>RICE THAI</b> 300 G <b>OIL OLIVE GRADE A</b> 30 G <b>VINEGAR RICE</b> 15 G <b>PEPPER BLACK (FRESHLY GROUND)</b> 1 G			<b>FENNEL SALAD</b> Slice fennel with slicer (very thin) Marinade fennel slices in cold pastis saffron water for a minimum of 6 hours before service
<b>FENNEL</b> 1 UNIT <b>PASTIS SAFFRON WATER</b>			<b>PASTIS SAFFRON WATER</b> Combine Keep fridge
<b>PASTIS WATER</b> 250 G <b>SAFFRON</b> 12 PC			<b>PASTIS WATER</b> Combine.
<b>WATER</b> 500 G <b>PERNOD RICARD</b> 50 G			<b>PICKLED VEGETABLES</b> Slice radish with mandolin (>1mm) Slice carrot lengthwise with mandolin (>1mm) Cut coriander stems to 3cm Cut Chinese celery stems to 3cm Pickle vegetables separately in Pickling mix
<b>RADISH</b> <b>CARROT</b> <b>CORIANDER</b> <b>CELERY</b> <b>VEGETABLE PICKLING MIX</b>			<b>VEGETABLE PICKLING MIX</b> Mix all and marinade separately as noted below: Red Radish & Carrot: Slice thin with mandolin / Marinade 12 hours minimum. Chinese Celery & Coriander Stem: Portion 2,5cm long. Marinade 6 hours pastis water. Store in fridge in airtight container
<b>MIRIN</b> 100 G <b>VINEGAR RICE</b> 200 G			<b>PICKLED DILL</b> Cut coriander stems to 3cm Pickle dill stems in dill pickling mix
<b>DILL</b> <b>DILL PICKLING MIX</b>			<b>DILL PICKLING MIX</b> Toast fennel seeds and add to the rest Portion Dill bottoms 5cm long and pickle in marinade during 2 weeks minimum Store in fridge in airtight container
<b>MIRIN</b> 100 G <b>VINEGAR RICE</b> 200 G <b>FENNEL SEEDS (TOASTED)</b> 6 G			<b>APPLE PASTIS BATONNET</b> <b>APPLE ASCORBIC PASTIS WATER</b> Peel green apples Cut batonnet: 0.3cm x 0.3cm x 3cm Marinade 2 hours minimum.
<b>APPLE</b> <b>APPLE ASCORBIC PASTIS WATER</b>			<b>APPLE ASCORBIC PASTIS WATER</b> Combine ingredients
<b>PASTIS WATER</b> 200 G <b>ASCORBIC POWDER</b> 2 G			