

David Tontain

MACKEREL AND GRAND CRU VIVALTO LUNGO* – 4 PEOPLE



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Mackerel

- 4 fillets of mackerel (60 g each)
- 5 g of coarse salt
- 3 g of sugar
- 110 ml of de Vivalto Lungo

Roll the mackerel fillets on a baking sheet sprinkled with salt and sugar. Dip mackerel in the Vivalto Lungo and marinate for 1 hour. Then wash and dry the fillets.

NESPRESSO | ATELIER

Potato purée

- 250 g of potato purée
- 65 g of milk
- 37 g of cream
- 17 g of butter

Steam potatoes, dry them in the oven, remove the pulp and sift through a sieve. In the smoker compartment, mix potatoes and other ingredients then sieve. Place the preparation in a siphon, 2 cartridges, and keep warm.

Eggplant purée

- 1 eggplant
- 3 g of ginger
- 20 g of brown butter sauce
- 1 g of squid ink
- salt

Burn the eggplant over direct flame 5 min on each side. Mix it (skin included), with ginger, butter and ink. Sieve.

Vivalto Lungo powder

- For 100 g of Jerusalem artichokes and shallots
- 750 g of Jerusalem artichokes
 - 250 g of dried shallots
 - 110 ml of Vivalto Lungo

Thinly slice Jerusalem artichoke. Soak in coffee. Dry in oven at 100°C, then place in the dehydrator. Do the same with shallots. Mix both and sift the powder.

Serving presentation

- Nasturtiums
- Olive oil
- 1 caramelized onion

Display eggplant purée in 3 spots with a piece of mackerel on each side. Add 3 dollops of potato purée. Sprinkle Jerusalem artichoke powder on potatoes. Serve with nasturtiums, olive oil.

* Equivalence Nespresso Business Solutions: Grand Cru Lungo Forte