

CAFÉ TOUBA-STYLE MACKEREL AND QISHIR DASHI

🕒 30 min. 🍷 Medium















MATERIALS

Knife
1 Fish bone tweezer
Individual molds
A sieve

RECOMMENDED NESPRESSO COFFEES

INGREDIENTS

Mackerel	
2 Pieces	
Agar-agar	
2 g	
Gelatin Sheets	
2 Pieces	
Guinea Pepper	
4 g	
Kombu Algae	
1 Piece	
Katsuobushi	
6 g	
Soy sauce	
15 g	
Sunflower oil	
50 g	
Cascara	
10 g	
Berberé Spices	
5 g	
Pollen	
10 g	
Salt	
5 g	

INSPIRATIONS

HOW TO MAKE !

STEP 01 CAFÉ TOUBA-STYLE MACKEREL

- Lift the mackerel fillets. Remove the bones. Marinate with a little salt and guinea pepper. Sear the skin side in a hot pan for about ten seconds. - Prepare the Café Touba jelly: prepare 1 Master Origins Ethiopia capsule (150ml). Brew the coffee with the Selim berry and add the soy sauce and 50ml of water. Bring to a boil with the agar-agar, then add the gelatin sheets off the heat. Allow to cool. - Cut the mackerel, mould into a frame and pour the Café Touba jelly over it. Set aside in a cool place until the jelly sets. - Infuse the water with the Kombu and then add the Katsuobushi as soon as the water simmers. Remove from the heat, add the Cascara and leave to infuse for 15 minutes, covered. Strain. - Make an oil with the Berbere spices - Roast the pollen at 200°C in the oven in grill mode. - To assemble: Place the rectangle of mackerel in



jelly in the center with a little
Berbere oil, then pour in the
hot dashi cascara to melt it