

SKIN ROASTED JOHN DORY AND COFFEE SABAYON

🕒 1 hour 🍳 Difficult



MATERIALS

Sieve
Bowl
Mixer / Blender
Pan
Oven

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

John Dory And Cardoon
Sauce

John Dory, 800 G Each

Cardoon Branch

25 Cl Of Fish Stock

25 Cl Of White Wine

25 Cl Of Liquid Cream

25 Cl Of Milk

Salt And Ground Pepper

120 G Of Cream

60 G Of Chicken Beast

8 G Of Egg White

2 G Of Salt

250 G Of Cooked Pig's Foot
Cut And Diced

60 G Of Peas Steamed In
Water

LET'S MAKE IT!

- **John Dory**
- Fillet the fish, keeping the bones to make a good stock
- Keep the filets cool
- **For the cardoon sauce**
- Boil white wine with a piece of the cardoon leaf
- Add milk, cream and fish stock
- Season with salt, pepper and sugar
- Mix, binding it slightly, put it through a sieve then taste and keep warm
- **For the pig's foot purse**
- Make a fine stuffing with the chicken breast, egg whites and cream
- Mix the diced pig's feet with the cooked peas and add the stuffing
- Mix well and stuff the caul with about 100gr of stuffing
- **For the coffee Sabayon**
- Beat the Nespresso Arpeggio coffee and water with 2 egg yolks into a sabayon at the edge of the pan with a whisk
- When the edge of the pan burns you, continue whisking off the heat
- You should see the traces of the whipping emerge
- Season with salt, sugar and pepper
- Keep warm
- **Presentation**
- Put the pig's feet purses in a nonstick pan with a little olive oil
- Brown both sides and bake at 240° for 2mins
- Salt the fish on both sides, and put them to roast on the skin side in a nonstick skillet
- Halfway through cooking, remove and finish cooking under the broiler to have a soft filet inside and a crispy top
- Place the filet in the middle of the plate with the purse next to it
- Emulsify the sauce and drip it on the plate
- At the last moment, make a comma shape with the coffee sabayon; add a bit of the cardoon leaf and 2 roasted coffee beans

1 Pinch Of White Pepper

100 G Of Pork Caul

For The Coffee Sabayon

Capsules Of Arpeggio Grand

Cru

Egg Yolks

Fine Salt, Sugar And Pepper

Cups Of Water

INSPIRATIONS

