

MACKEREL AND GRAND CRU VIVALTO LUNGO

🕒 30 + 🏠 Medium



MATERIALS

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

INSPIRATIONS



LET'S MAKE IT!

- **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
- **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