

Broccoli Coral, Togarashi, Chilean Sea Bass and Sweet & Sour Kumquat Glaze

by *Andrea Marzocchi*

INGREDIENTS

- 1 head of green broccoli
- Red Boat fish sauce
- Lemon oil
- Maldon salt
- 1000 g Chardonnay Forum vinegar
- 500 g water
- 40 g Billington sugar
- 30 g Maldon salt
- 1000 g broccoli stalk
- Chilean sea bass (portioned into 50 g pieces)
- 250 g kumquat
- 285 g sugar
- 125 g orange juice
- 12 g Maldon salt
- 6 g apple pectin
- 2 g citric acid
- 30 g yuzu juice
- 80 g aji dulce chili paste

INSTRUCTIONS

1. Wash the broccoli. Take out the greens from the florets, boil for 20 seconds, chill in ice water, and strain immediately.
2. For the broccoli sauce: use ~200 g of the broccoli greens. Blend in a Vitamix with 50 ml lemon oil and 18 ml fish sauce until fully emulsified but still cold (to preserve vibrant green color). Chill and set aside.
3. Peel the broccoli stalks, removing the tough outer layer. Shape 70% into coral forms; slice the remaining 30% thinly on a mandolin for pickling.
4. Prepare pickling liquid (yield: 1 kg) with 1000 g Chardonnay Forum vinegar, 500 g water, 40 g sugar, 30 g Maldon salt, and 1000 g broccoli stalk. Vacuum pack with pickling liquid and set aside.
5. Portion Chilean sea bass into 50 g pieces. Cure with 3% salt and refrigerate for a maximum of 3 hours after curing.



Aji Dulce Chili Paste

INGREDIENTS

- 500 g aji dulce chili
- 129 g distilled white vinegar
- 120 g mineral water
- 40 g sugar
- 25 g Maldon salt
- 5 g garlic
- 2.5 g citric acid
- 10 g pre-hydrated xanthan solution (20 g xanthan per 1 L water)

INSTRUCTIONS

1. Stem, deseed, and wash the chilies.
2. Place all ingredients in a blender and blend until coarse (not smooth).
3. Transfer to a 2 L saucepan, bring to a boil, and simmer for 5 minutes.
4. Immediately chill, then blend until smooth. Set aside.

Kumquat Glaze

INSTRUCTIONS

1. Grind kumquats in a meat grinder on medium setting.
2. Mix kumquats with 250 g sugar, orange juice, and salt. Macerate at room temperature for 2 hours.
3. Bring mixture to a boil, then simmer for 5 minutes.
4. Mix remaining sugar with pectin and citric acid. Add to kumquat mixture and simmer another 5 minutes.
5. Add yuzu juice and prepared aji dulce chili paste. Blend and chill.



Plating

1. Sear Chilean sea bass on all sides until golden; set aside.
2. Steam broccoli coral in a steam oven at 95°C for ~6 minutes. Once out, brush with olive oil and coat with togarashi. Keep warm under heat lamp.
3. Bring broccoli sauce to a boil while fish finishes cooking in the oven at 83°C convection (fan 3).
4. Make a quenelle of the broccoli sauce on the plate. Position the broccoli coral, leaving space for the fish.
5. Glaze fish with kumquat sauce, then place on the plate.
6. Finish with fresh cress acetosella and broccoli buds.

Cavolfiore Arrostito, Aglione Nero, Pickled, Black Cod

by Andrea Marzocchi

Roasted Cauliflowers

INGREDIENTS

- *4 kg cauliflower heads (thinly sliced) – reserve the stalks for pickling*
- *500 g unsalted butter*
- *2.8 – 3.3 L whole organic milk*
- *140 g Parmesan cheese*
- *24 g freshly squeezed lemon juice*
- *16 g Maldon salt*
- *2 g curry powder*

INSTRUCTIONS

1. *Slice the medium cauliflower florets thinly (reserve small florets for pickling and large florets for roasting).*
2. *Melt the butter, add the cauliflower, and start cooking on low heat.*
3. *Gradually increase to high heat until caramelisation occurs. Allow it to sweat and caramelise fully.*
4. *Add the milk along with the Parmesan and simmer for 5 minutes, then add the curry powder.*
5. *Blend the mixture in a Thermomix, adding milk as necessary until smooth.*
6. *Season with salt and lemon juice.*
7. *Vacuum pack until required.*
8. *With the largest florets, roast in noisette butter until just coloured, then set aside.*
9. *Prepare the small florets for pickling.*
10. *Peel the stalks, removing the first thick layer, and slice to 1 mm on a mandolin.*



Pickled Liquid

INGREDIENTS

- 320 g Chardonnay Forum vinegar
- 56 g sugar
- 13 g salt
- 80 g water
- 2 star anise
- 2 g fresh turmeric

INSTRUCTIONS

1. Bring all ingredients to a boil and split into 2 batches.
2. In one batch, add turmeric.
3. Use the plain pickling liquid for the stalks and the turmeric version for the florets.

Black Garlic & Cod

INSTRUCTIONS

1. Clean and press the black garlic into a sheet, then set aside.
2. Roast the black cod on both sides at high temperature and set aside.

To Finish the Dish

INSTRUCTIONS

1. Finish the cod in the oven at 175°C for 4–6 minutes while preparing the rest of the dish.
2. Put the large roasted florets into the oven as well.
3. Ensure the pickles are at room temperature (neither hot nor cold) to give contrast on the plate.
4. Warm the roasted cauliflower purée and make a quenelle on the plate.
5. Place 2 seasoned large florets alongside.
6. Add the black cod fillet and the pickled florets/stalks.
7. Finish with a few stripes of black garlic.
8. Top with Parmesan beurre monté foam.
9. Serve hot.

