

23 APRIL 2008 / 3.00 PM – 4.00 PM

TWICE-COOKED EEL WITH CITRUS & VEAL REDUCTION SAUCE  
& LIME EFFERVESCENCE

**Presented by**  
**Marco Sacco**

	<b>Ingredients:</b>
	Serves: 4
4	eels, innards removed and filleted
4	garlic cloves
4	bay leaves
4	rosemary sprigs
	Salt and cooking oil, to taste
	<u>Citrus &amp; Veal Reduction Sauce</u>
1.3kg	sugar, divided
2 ltr	veal sauce
2 ltr	orange juice
250ml	lemon juice
250ml	lime juice
	Salt, to taste
	<u>Zest</u>
100g	julienned citrus peels, blanched
40g	sugar
60ml	water
	<u>Lime Effervescence</u>
500g	sugar
250ml	water
100g	Galeffi magnesium
2	lime peels, grated
	<u>Lemon Potato</u>
1kg	red potatoes, boiled and mashed
150g	butter
3	egg yolks
1	lemon, peeled and grated
	Bell pepper powder



**Recipe Notes:**

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### **Method for Cooking:**

Place the eel fillets skin side down and grill over a light layer of coal for about 45 minutes to remove the fat. Take extra precautions not burn to it. Remove the grilled eel from the coal and then de-bone and season it with salt. Divide the grilled eel into three parts and stack them with skin side out. Vacuum seal each grilled eel in separate portions with the herbs and cooking oil. Slow - steam for about 6½ hours at 65 °C. Remove and drain just before serving.

#### For the citrus & veal reduction sauce:

Place 300g sugar and the veal sauce in a saucepan and cook until it has reduced by one-third. Mix the remaining sugar with the orange, lemon and lime juices in a separate saucepan, and cook until it has reduced by two-thirds. Once done, mix both the reductions together and then return the saucepan to the heat and cook until sauce has thickened. Season to taste with salt.

#### For the zest:

Mix the sugar and 60ml water in a saucepan and bring liquid to a boil. Add in the blanched citrus peels and store at 70 °C for 24 hours.

#### For the effervescence:

Mix the sugar and 250ml water in a saucepan and bring liquid to a boil. Remove the saucepan from the heat and set aside to cool to 140 °C. Add in the magnesium and grated lime peels. Mix thoroughly and spread the mixture onto a Silpat mat and place in a preheated oven to dry.

#### For the lemon potato:

Blend all the ingredients except for the bell pepper powder in an electric dough mixer. Spread the mixture evenly onto a baking sheet. Cut the potato mixture into 2-cm squares and sprinkle with the bell pepper powder. Place in a preheated oven and bake until golden browned.