

# World Gourmet Summit 2003 Culinary Masterclasses

## The Cuisine of **Emmanuel Stroobant** Saint Pierre, Singapore

### *Braised Black Cod with White Miso, Red Beetroot and White Beer Espuma, Shaving of Asparagus and Ikura on Grilled Bread*



Serves 4

#### **Ingredients**

- 4 black cod fillets (120g each)
- 4 tbsp white miso
- 50ml *mirin*
- 1 tbsp *sugar*

#### **Beetroot and beer espuma :**

- 250ml Hoegaarden® white beer
- 350g red beetroot, peeled and cut
- 1 bay leaf
- 5 juniper berries
- 4 gelatin sheets, softened in ice water

#### **Grilled bread and asparagus :**

- 4 slices thin bread
- 6 tbsp extra virgin olive oil
- 4 large green asparagus
- 1 tbsp lemon juice
- 2 tbsp ikura (salmon roe)
- rock salt and freshly cracked pepper, to taste

#### **Garnish :**

- 10g fresh chervil

#### Method

**For the cod:** Mix the *miso*, *mirin* and sugar and marinate the cod in this liquid for a few hours. In a non-stick pan, sear the cod and finish cooking it in an oven set at 200°C for 10 minutes.

**For the beetroot and beer espuma:** Simmer the beer, beetroot, bay leaf and juniper berry in a pot for 15 minutes on low heat. Then remove the bay leaf and juniper berries and blend the beetroot with its cooking juice and soften gelatin. Strain and pour the mixture in a 500ml ice cream siphon and add 2 capsules of CO<sub>2</sub>.

**For the bread and asparagus:** Drizzle the bread slices with 4 tablespoons of olive oil and bake until it turns golden brown. Slice the asparagus into long strips and season with the remaining olive oil, a drop of lemon juice and *ikura*.

#### Serving

Lay the baked cod on a square plate and top with the toast. Add salad of raw asparagus and finish with a squirt of beetroot espuma. Garnish with chervil leaf.