



Liquefied vegetables, fatty fish, green pea sorbet, and apple

PREPARATION

Green pea gelatin

Cut the ends of the peas after washing them in plenty of cold water.

Blanch the green peas and cool them immediately in water and ice. Let them cool and reach a very green color.

Liquefy the peas along with the rocket and the apple with its skin, removing only the core.

Strain the green juice and heat a small part to add the gelatin, previously rehydrated in water and ice. Dilute well and combine with the rest of the juice from the peas, apple, and rocket. Add salt. Use a dispenser to quickly spread the juice on the plates to serve later. Let them gel and store in a cool place or in a refrigerator.

Spicy tomato

Clean the tomatoes, remove the peduncles, cut into four pieces, and blend.

Strain with a sieve.

Use a mixer to emulsify the tomato juice and olive oil until you get an emulsion, which is finished by adding a touch of salt and texture with the help of corn starch until you get a structure that is honey-like, but still firm.

Put the emulsion in a squeeze bottle.

INGREDIENTES

Para 4 personas

Green pea gelatin

For the liquefied vegetables

25 g blanched green peas

20 g rocket

30 g green apple

for the gelatin

0,3 gelatin sheets

Añana salt

40 ml liquefied vegetables

Spicy tomato

300 g ripe Busturia tomato

50 ml extra virgin olive oil

25 g cornstarch

0,03 g hot pepper powder

Vegetables and flowers

1 green pea pod

2 Antzuola yellow tomatoes

2 autumn buttercup flowers

2 common verbenas

2 kalanchoe blossfeldiana

2 Swiss chard sprouts

Vegetables and flowers

Gather the flowers, wash thoroughly and place on moist and hermetically sealed paper.

Wash, blanch, and peel the yellow tomatoes. Cut in two and store in a container with extra virgin olive oil and Añana salt.

Cut the green peas at the tips and peel the lateral thread. Blanch, cool, and cut in thin sheets on the bias. Store in refrigerator with moist and hermetically sealed paper.

Pickled apple

Mix the vinegar with the bay leaf, sugar, salt, and black pepper and bring to a boil. Remove from heat and add Txakoli so as not to lose alcohol. Cool a little. Add the apple in small cubes and let cool. Place aside.

Green pea sorbet, apple, and rocket

For the liquefied vegetables, wash the peas and cut the tips, blanch, and immediately cool in ice water.

Wash the apples and cut them into cubes, liquefy the apple together with the rocket, peas, and ascorbic acid.

Mix the liquefied vegetables in a blender with the remaining ingredients until you get a homogeneous mixture. Let sit for 12 hours.

Pass through the ice cream machine. Store in freezer.

Oily fish

Anchovy: Clean, remove the innards and spine, then cover with Añana salt. Wash with water and rub the back with Tsuyu sauce. Cut the filet into two or three pieces, depending on the size.

Horse mackerel: Clean, innards and spine, then cover with Añana salt for 7 minutes. Wash with water and rub the back with Tsuyu sauce. Cut the filet lengthwise in 2, and again in 2 or 3 pieces depending on the size.

Sardines: Clean, innards and spine, then cover with Añana salt for 5 minutes. Pass through water and smoke in Txakoli vine shoots for 15 minutes. Remove and store cold. Cut the filets into 4 or 5 squares depending on the size.

INGREDIENTES

Para 4 personas

Pickled apple

1 Granny Smith apple
150 ml apple cider vinegar
300 ml Txakoli Gorka Izagirre
2 bay leaves
50 g sugar
20 g Añana salt
0.13 g black pepper
300 ml water

Green pea sorbet, apple, and rocket

For the liquefied vegetables:

150 g blanched peas
150 g Granny Smith apple
25 g rocket
0,05 g ascorbic acid

For the sorbet:

250 ml of liquefied vegetables
5 g dextrose
1.5 g Añana salt
6 g malto
1 g xanthan
25 g Prosorbet
4 g glycerin

Oily fish

Horse mackerel
Anchovie
Sardine

FINISHING AND PRESENTATION

Lay rocket and apple over the green pea gelatin, and dab dots of the tomato emulsion.

Drain the oil from the Antzuola tomato, chop it into 2 or 3 pieces, and place it on the edges. Place the sardines, anchovy, horse mackerel, peas, and flowers around the plate.

Finally, place a quenelle of the green pea sorbet, rocket, and apple in the center of the dish and put some grains of salt flakes on top.