



# Red mullet in three servings

## PREPARATION

### Laminated red mullet

Clean the red mullet and fillet 15 g rations, placing the cuts aside.

### Rationed red mullet

Clean the red mullet and remove 30 g rations, keeping the bones.

### Spirulina paint

Mix the Spirulina powder with water until it is dissolved, then strain.

### Parsley oil

Separate parsley leaves. Place oil and parsley in blender and blend at 40 °C (104 °F) for 8 minutes at speed 8. Strain and let set in chamber overnight, strain through Superbag and put in container.

### Parsley emulsion

Place the egg in the Thermomix, mix at speed 5 and add parsley oil little by little, until the emulsion is whipped and add a pinch of salt.

### Sea urchin emulsion

Put the sea urchin in the Thermomix. Add the oil little by little until your emulsion texture is homogeneous and without lumps.

## INGREDIENTS

For 4 people

### Laminated red mullet

60 g laminated red mullet

### Rationed red mullet

120 g red mullet

### Spirulina paint

2 g Spirulina

8 ml water

### Potato soufflé

8 g sour potato

1000 ml sunflower oil

### Parsley oil

140 ml sunflower oil

28 g parsley leaves

### Parsley emulsion

1 egg

100 ml parsley oil

1 g salt

### Sea urchin emulsion

50 g sea urchin

5 ml sunflower oil

### Sea urchin croquette

Mix the American broth with pepper and hedgehog emulsion, and then set aside. Moisten the gelatin sheets in ice water.

Place oil in a saucepan and cook flour, add the American mixture, pepper, and sea urchin little by little, stirring with a whisk so that it does not form lumps. Let cook for 5 minutes stirring constantly. Add the gelatin sheets, dissolve well. Add a pinch of salt. Stretch in \*gastro media\* lined with plastic wrap and film to skin. Form the croquettes into 4 g balls each, using oil and flour, then freeze. Cover with flour, tempura, and fry.

### Marinade

Mix all the ingredients and texturize.

### Caviar

1 g of caviar per person.

### Pepper broth

Bake red pepper at 180 °C (350 °F) for 18 minutes and turn over, letting cook another 18 minutes. Place peppers in a colander and put weight on the peppers to drain all the liquid for 12 hours. Pass broth through Superbag, cover, and store in a refrigerator.

Mix the pepper juice with the Tsuyu sauce. Reduce until you get the Desired texture.

### Tempura

Mix all dry ingredients, adding water little by little with whisk. Strain and let sit until it doubles in volume.

## INGREDIENTS

For 4 people

### Sea urchin croquette

10 g sea urchin emulsion  
5 g loose flour  
20 ml sunflower oil  
50 ml American broth  
50 ml pepper broth  
1 gelatin sheet

### Marinade

20 ml Tsuyu sauce  
5 ml soy sauce  
1 ml lemon juice  
20 ml water  
5 g chopped coriander

### Caviar

4 g caviar

### Pepper stock

60 ml red pepper juice  
20 ml Tsuyu sauce  
2 g resource

### Tempura

10 g Trisol  
20 g loose flour  
30 ml water  
1 g salt  
1 g sugar  
2 g fresh yeast