

JOHN DORY



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Chef: Hans Neuner

SERVES: 1

INGREDIENTS

150g John Dory filet • 30g baby calamaretti (cleaned) • 1 slice of Culatello ham •
20g La-Ratte potatoes • 5g black olive oil • 300ml extra virgin olive oil • 10g baby spinach •
2g Powdered Espellette pepper • 1 lemon • 5g basil • 2g rosemary • ½ garlic clove •
1 tsp olive oil • 1 shallot (finely cubed)

METHOD

Wrap the John Dory filet in aluminium foil, tightly sealing the extremities and poach for six minutes at 56°C • Heat the extra virgin olive oil to 80°C, mixing in the rosemary and the garlic • Cook the La-Ratte potatoes in this mixture until a confit • Remove the fish from the aluminium foil and heat in a non-stick pan in a little extra virgin olive oil until they colour slightly • Remove the fish and save for later • Cook the baby Calamaretti in the same olive oil, adding the shallot, Espellette pepper and salt

PLATING UP

Espalhe o azeite negro no prato • Disponha o peixe e os acompanhamentos por cima do azeite negro, conforme apresentado na fotografia • Coloque a fatia de presunto em cima do peixe • Termine com o manjerição por cima do prato • Tempere os espinafres com azeite, limão e sal, e sirva