

Miele

Hapuku, buttered scampi, vanilla, Brussels sprouts, choux farcis

By Miele

1 hour 30 minutes

Preparation time

1 hour 10 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Hapuku

60g hapuku fillet
Salt and pepper
Olive oil

Choux farcis

100g shallot
30g ginger
20g garlic
50g pancetta
50g lardo
1 green apple
¼ savoy cabbage, finely shaved
100g chicken stock
50g butter
4 baby cos leaves

Sous vide scampi and scampi dumpling

100g unsalted butter
1 vanilla pod
6 whole #1 scampi
1 sprig of thyme
4 baby cos leaves

Brussels sprouts puree

½ brown onion
80g butter
1 tablespoon extra virgin olive oil
250g Brussels sprouts, sliced
100g chicken stock
60g cream

Scampi sauce

10 scampi heads
2 tablespoons canola oil
1 large shallot
½ medium carrot
1 stick celery
2 cardamom pods
½ stick lemongrass
1 knob ginger
1 vanilla pod
1 clove garlic
50g Armagnac
100g white wine
200g chicken stock
200g cream

To serve, per plate

1 chou farci dumpling
1 scampi dumpling (½ tail)
1 blanched medium-sized Brussels sprouts
60g hapuku fillet
35–40g Brussel sprout puree
1 #1 scampi body
30g scampi sauce
10g vanilla brown butter

METHOD

Choux farcis (braised cabbage)

1. Finely dice the shallots, chop the garlic and ginger and set aside.
2. Cut the pancetta into a fine dice along with the lardo. Place a pot on medium heat, Induction setting 6, and lightly brown the diced pancetta. Add the lardo, shallots, ginger, apple and garlic and continue to sweat down.
3. After 3-4 minutes, add the finely shaved cabbage and season. Add the chicken stock and place a lid on top and cook for approximately 10 minutes.
4. Once the cabbage is cooked, add the butter and chill.

Choux farcis balls

1. Blanch the baby cos leaves for 20 seconds in salted boiling water and refresh in cold water to stop the cooking, alternatively use the automatic blanch setting on your steam oven.
2. Pat the leaf dry and lay the leaf on a small square of cling wrap.
3. Place 30g of the choux farcis mix in the centre, squeezing as much juice out as possible, and join the sides of the cling wrap twisting the whole lot into a ball. Tie a knot in the end of the cling wrap keeping it all tight.

Sous vide scampi and scampi dumpling

1. To make the vanilla brown butter, dice the butter and add to a small saucepan. Cut the vanilla pod in half vertically and scrape out the seeds. Put the seeds aside then add the scraped pod to the butter.
2. Place the butter on a medium high heat, Induction setting 7 and when the butter is golden brown remove from the heat. Remove the pod and add the seeds.
3. Keep 2 tablespoons of the vanilla butter for cooking the scampi and keep the rest for plating.
4. Remove the scampi heads for the sauce and de-vein the scampi bodies leaving the tail on 4 of them for presentation. Cut the other two in half so you have four halves for the dumplings.
5. Place the scampi in a vacuum packing bag with vanilla brown butter and thyme, vacuum on level 3 and seal on level 3.
6. Place in the Steam Oven and sous-vide at 50°C for 6 minutes.

Preparing the scampi dumplings

1. As with the choux farcis, blanch the baby cos leaves in salted boiling water and refresh in ice water. Pat dry and place on a small square of cling film, alternatively use the automatic blanch setting on your Steam Oven.
2. Place the cooked scampi half in the middle and bring around the sides to wrap the scampi in the leaf and use the cling wrap to secure into a ball, ensuring you tie a knot.

Brussels sprouts puree

1. Finely chop the onion and sweat without colour in 50g of the butter and a little olive oil. Make sure the onions are cooked through.
2. Once the onions are soft and sweet, add the sliced Brussels sprouts and continue to sweat for a further 5 minutes, before adding the chicken stock and finally the cream.
3. Cook the sprouts until well cooked and very tender, then strain off the liquid using a sieve and blend until smooth with another knob of butter and some of the cooking liquor.

Scampi sauce

1. Roast the broken up heads in a pot with the oil. Add the sliced vegetables and aromatics.
2. Deglaze with Armagnac and white wine.
3. Add the stock and cream and cook for 10 minutes.
4. Pass the stock through a fine sieve and reduce slowly. Season and foam using a small stick blender.

Putting the dish together

1. Pre-heat the oven on Fan Plus at 180°C.
2. Place the choux farci dumpling, the scampi dumpling and the blanched Brussel sprouts on a perforated steam tray. Place in the Steam Oven and steam at 100°C for 3 minutes, keeping them separate so everyone gets one of each.
3. Season the hapuku with salt and pepper and pan-fry the fish in a tablespoon of olive oil then place in the oven to cook for 4 minutes, or until just done. Serve immediately.
4. Re-heat the sprout puree and spoon on to the plate.
5. Re-flash the sous vide scampi in a pan with a small knob of butter. Drain and plate.
6. Present the hapuku, scampi and sprout on the plate along with the hot dumplings.
7. Garnish with the scampi sauce and vanilla butter.