

ROCKFISH CROMESQUIS

HERBED MAYO



Rockfish Cromesquis, Herbed Mayo Amuse-Bouche Recipe

Recipe inspired by chef Sugio Yamagushi

Yield 16 to 24 amuse bouche/1.4oz/40g to 0.9oz/25g.

Court Bouillon For The Fish

1.5 qt (1.5L) water

Half carrot, 1/2 celery stalk, 1/2 leek, 1/2 onion piquée, thyme, bay leaf, parsley stems, salt and pepper...

Bring to boil and cook for 30 min prior cooking fish.

10 ounces (300g) skinned and boned fish fillet such as rockfish / red snapper / dorado (mahi mahi)...

Add fish fillet in court bouillon, turn the heat off – put the lid on and let poach for about 5 min (Do not over cook). Transfer fish fillet onto a plate to cool.

Shred fish making sure there is none pin bones left behind; set aside.

Pate a Choux & Fish Mixture

1/2 cup (130g) water

2 Tbsp (30g) butter

A pinch of salt

1/2 cup (65g) all-purpose flour

1 ea. (55g) egg.

5 ounces (150g) russet potato, cooked, peeled and passed through a food mill

10 ounces poached fish fillet

1 ounce (30g) fresh herbs such as parsley or chervil, cilantro and dill, chopped.

Bring water, butter and salt to a boil. Remove from the heat and mix in flour to combine – slide back on stove and cook pate a choux for a couple of minutes stirring swiftly. Transfer into a clean bowl, mix in the egg and add potato, fish, herbs and season with turmeric, salt and pepper to taste. Using a small icecream scoop, make balls into desired size and chill.



Herbed Mayonnaise

0.6 cup (160g) grapeseed oil
1 ounce (30g) herbs: parsley, dill and cilantro.
Blend well oil with herbs, sieve and set aside.

1 ea. (20g) egg yolk, at room temp
2 tsp (10g) French mustard
2 tsp (10g) red wine vinegar
Salt & pepper.



Whisk egg yolk, mustard, vinegar and seasoning. Pour herbed oil into thin stream whisking constantly – for a firmer texture, finish it up using an immersion blender. Store mayo in the refrigerator for up to 2 days.

Frying Cromesquis

Deep fry cromesquis in a 375°F/190°C oil in 2 batches. Transfer onto a plate lined with paper towel. Let cool down a bit and top with some herbed mayo right before serving. Bon appétit!