

Sous-Vide Round Island Barramundi with Prawn Chive Leaf



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- Sub Category Name
Food

Ingredients

Sous-Vide Round Island Barramundi with Prawn Chive Leaf

- Round Island barramundi fillet, skin off - 120 g portions × 2
- Salt - To season
- White pepper - To season
- Garlic chives purée - 20g
- Prawn mousse - 100g
- Olive oil - A drizzle

Methods and Directions

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- Trim barramundi into uniform portions.
- Season lightly with salt and white pepper.
- Layer the fillets with prawn mousse.
- Place it into vacuum pouches with a drizzle of olive oil.
- Sous-vide at 52°C for 20 minutes. Chill and reheat gently before plating.
- Mix the garlic chive purée with prawn mousse and put into a leaf-shaped mold and steam until cooked.