



WINNING RECIPE BY BARCO

SEA BASS, PORK BELLY, CARROT CREAM SAUCE

Ingredients:

- Mini carrots with greenery
- Spinach
- Chicory
- Zucchini
- Young red onions
- Salted bacon cut into large slices
- Sea bass with skin
- Couscous / semolina pearls
- Vegetables broth
- Cream
- Carrot juice
- Chorizo
- mascarpone

For the Mayonaise:
Corn oil, egg, pepper, salt, mustard, vinegar

For the fish fumet:

- Leek
- Celery
- Onion
- Laurel
- Thyme
- Lemon
- Water
- Sea bass remains

For the lacquer:

- Tomato ketchup
- Loempia sauce
- Chicken spices
- Coca Cola
- Kecap Manis - Sweet Indonesian soy sauce
- Honey
- Tabasco

Preparation:

1. Mix all the ingredients for the lacquer in a bowl and set it aside to rest.
2. Wash the vegetables for the fish fumet fumet and cut them into large pieces. Stew them lightly in a cooking pot on the stove for a couple of minutes, together with a little fat. Add water and let simmer slowly for 30 minutes. Sieve with a pointed sieve and reduce until one half remains.
3. Carrot cream sauce: Add the carrot juice to the fish fumet. Reduce and add the cream. Cook until the sauce has the desired texture. Add salt and pepper to your taste.
4. Couscous: Bring the vegetable stock to a boil and add the couscous (remove from stove to let the couscous swell). Season to taste.
5. Cook the mini carrots 'à l'anglaise' and douse them in ice water.
6. Melt the spinach in olive oil. Season with pepper and salt.
7. Cut the zucchini in small dices (the finer the zucchini, the more beautiful the color), simmer in oil and mash in a food processor. Season with salt and pepper.
8. Cut the red onions into strips. Poach them in salted water and douse in ice water.
9. Finely chop the chicory in brunoise and fry in corn oil.
10. Cut the pork belly into cubes and varnish them with the lacquer. Bake until crispy.
11. Divide the sea bass into fillets, but leave the skin on. Season with salt and pepper and fry the fillets on the skin in a little oil.
12. For the chorizo dressing: Mix all the ingredients for the mayonnaise. Finish with fine pieces of Chorizo and mascarpone. Mix (if necessary in a food processor) until you get a nice reddish/orange mayonnaise.
13. For the finishing: Chop some dried onions in the food processor for a nice, fine crumble.

Plate arrangement:

Place the couscous on the plate in a rectangular shape. Put the spinach and the other vegetables on top. Add the pork belly and the sea bass and top with the chorizo mayonnaise. Place a few drops of zucchini puree on the left and right side of the plate and finish with some extra vegetables, carrot cream sauce and onion crumble.

