

# sous-vide bream with spinach mousse

Cuisine: Other  
Food category: Fish





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## Program steps

Preheating: 99 °C

|   |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | steaming spinach | <div><div> Steaming</div><div>Termination by time</div><div>00:04<br/>hh:mm</div><div> 99 °C</div><div> 50 %</div><div></div></div>     |
| 2 | sous-vide fish   | <div><div> Steaming</div><div>Termination by time</div><div>00:40<br/>hh:mm</div><div> 55 °C</div><div> 70 %</div><div></div></div> |

| Ingredients - number of portions - 5 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| skinless bream fillet boned          | 600   | g    |
| baby spinach                         | 200   | g    |
| double cream                         | 50    | ml   |
| salt, nutmeg                         | 3     | g    |

### Directions

First we steam spinach. Let it cool and squeeze as much liquid out as possible.

Prep desired fish fillet into portions, keeping the off cuts for mousse.

Using food processor, blitz all the off cuts into a fine mousse adding double cream and season with salt. After blitz the spinach seasoned with little bit of salt and nutmeg.

Fold it together. Can be passed through fine sieve for extra smooth texture. Check seasoning.

Place fish portions onto a work surface and spread thick layer of mousse on each portion.

Wrap carefully into cling film. There should be no air bubbles in wraps so you can pierce the cling film with sharp knife tip to make tiny holes releasing air bubbles. Cook using the provided program. Time may vary depending on thickness of portions.