



**SIEMENS**

## SEABASS CEVICHE, SALTED LEMON & CAPERS, PARSLEY

### Category of dish

Lunch or dinner –  
Low calories

### Cooking accessories

Citrus juicer, masticating  
juicer, blender, hand  
blender

### Tips

When preparing the parsley oil, make sure the oil is as cold as possible. The mixer should run at the highest pace and as short as possible so the oil stays green. Same counts for the parsley-celery juice: after straining, put somewhere cold immediately. Add tiger milk shortly before serving. When cooking the tapioca pearls, stir regularly so they cook steadily and don't stick to the bottom of the pot. Evenly spread a thin layer of pearls.

## For 5 servings

### INGREDIENTS

1 whole seabass (1kg+)  
1 bunch of celery  
2 bunches of parsley  
1 chili  
0,5 bunch of coriander  
5 lemons  
1 egg yolk  
100 g small tapioca pearls  
1 parsley cress  
1 borage cress  
0,5 l vegetable oil  
sea salt, cooking salt, sugar  
(small quantities)  
Piment d'Espelette  
100 g salted lemon  
50 g small capers  
Agar Agar

### PREPARATION

1. Filet the fish: Get rid of the skin and the bones, slice it in thin slices, then salt the slices gently.
2. Prepare tiger milk: Juice 200 ml of lemon juice. Mix 180 ml lemon juice, 20 ml of syrup, 1 chili and a few stalks of coriander and strain.
3. Marinate the fish: Marinate the slices of seabass with a bit of the tiger milk for about 5 minutes.
4. Prepare the celery-parsley juice: Wash celery & 1 bunch parsley. Chop roughly, juice & strain. Add some salt and mix together with tiger milk (2:1).
5. Prepare parsley oil: In a blender mix 1 bunch of washed parsley with 0,5 l vegetable oil. Let it gently sit in a fine sieve so only the oil gets through.
6. Parsley cream: Use the hand blender to mix 1 egg yolk, 1 pinch of salt together with the parsley oil.
7. Prepare the salted lemon gel: Mix salted lemons in the blender, strain & cook with 100 ml of caper water & 1,2 g of Agar Agar in a small pot. Note: 1,2 g of Agar Agar to be used per 100 ml of liquid.
8. Fry the capers: Take 50 g of capers, rinse them & pat dry with kitchen towel before deep frying them in hot oil.
9. Prepare the lemon zest seasoning: Take the zest from 1 lemon using a microplane, dry it & mix with some sea salt & piment d'espelette.
10. Cook the tapioca: Cook 100 g of small tapioca pearls in salted boiling water, when they are soft, spread them on a baking tray, lined with baking paper & dry them at 50 degrees. Then deep fry them in hot oil and season them with the lemon zest seasoning.
11. Plating: Place seabass slices on plate, pour 2 tbsp of parsley-celery sauce over it, season with sea salt, dot spheres of parsley cream & salted lemon cream on the fish. Then garnish with capers, tapioca chips & the two types of cress. Finish with a few drops of parsley oil.