John Dory | Arroz negro | Fennel | Saffron

Recipe by V-ZUG Ltd.

Preparation	1 Hrs
Cooking time	30 Mins
Portions	4
Appliance	CombiSteamer V4000 45 from 2021

Delicate John Dory with an aromatic citrus note and a crispy spiced crust, accompanied by creamy arroz negro and a delicate saffron sauce – a special dish for enjoyable summer evenings with guests.

Hand blender

Citrus glaze

50 g butter

½ orange, grated zest and juice

½ lemon, grated zest and juice

½ lime, juice

25 g honey

1 g salt

Seasoned panko mixture

50 g butter

35 g panko

¼ tsp ground turmeric

¼ tsp salt

¼ tsp fish seasoning mix

15 g puffed quinoa

½ lemon, grated zest only

Saffron sauce

¼ fennel

ice water

1 stalk celery

1 medium-sized shallot

1 clove of garlic

1 tbsp sunflower oil

1 bay leaf

4 black peppercorns

5 saffron threads

50 ml Noilly Prat

50 ml dry white wine

250 ml vegetable bouillon

20 g butter

salt

sugar

50 ml cream

2 tsp crème fraîche

Black Rice

400 ml vegetable bouillon

8 g squid ink

15 g olive oil

1 shallots, finely chopped

1 clove of garlic, finely chopped

140 g arroz bomba rice

4 cherry tomatoes, finely chopped

2 tsp ancho chilli powder

40 ml white wine

40 g cold butter, diced

30 g olive oil

pinch of salt

1 bay leaf

John Dory

4 John Dory fillets at 120 g, skinless

fleur de sel

Citrus glaze

Melt the butter in a frying pan over a medium heat and brown it lightly. Add orange juice, lemon juice, lime juice and honey. Bring to the boil and simmer for 2–3 minutes, stirring constantly. Add orange and lemon zest, season with salt to taste and leave to cool.

Seasoned panko mixture

Toast all the ingredients in a wide frying pan over a low to medium heat, stirring occasionally, until golden brown. Leave to cool.

Fennel salad

Finely slice the fennel, such as with a mandoline, and place it immediately in ice water. For the orange marinade, bring the orange juice and all the ingredients up to and including the salt to the boil in a pan, reduce the heat and simmer until reduced by half. Remove the pan from the hob and allow the orange marinade to cool completely. Drain the fennel and pat dry. Place in a vacuum-sealing bag with the marinade, mix and vacuum-seal on the highest setting. Marinate in the refrigerator for at least 1–2 hours.

Saffron sauce

Roughly chop the fennel, celery, shallot and garlic. Heat sunflower oil in a frying pan. Add the vegetables and sauté over a medium heat. Add the peppercorns, saffron and bay leaf and sauté briefly. Add the Noilly Prat and white wine and allow to reduce slightly. Add the stock, bring to the boil and simmer gently for approx. 30 minutes. Purée with the hand blender and pass through a fine sieve. Add the cold butter and blend with the hand blender until a creamy consistency is achieved. Season with salt and a little sugar. Add the cream and crème fraîche shortly before serving.

Black Rice

Stir the vegetable stock together with squid ink and keep warm. Heat olive oil in a large frying pan. Sauté the shallots and garlic over a medium heat until translucent. Add the rice and sauté for 2–3 minutes, stirring, until it is translucent. Add tomato and ancho chilli powder. Add the white wine and let it reduce. Add the stock, add the bay leaf. Stir briefly, then simmer the rice over a medium heat for 16–18 minutes. Remove the pan from the hob. Add the butter and olive oil and mix carefully. Season with salt to taste.

John Dory

Season the John Dory fillets with fleur de sel. Brush the top with the citrus glaze and cover with the spiced panko mixture. Place on a stainless steel tray lined with baking paper. Insert the food probe into a fillet at the thickest point. Preheat the cooking space to 150 °C with hot air with steaming. Place the John Dory fillets in the cooking space, connect the food probe to the cooking space, set the food probe temperature to 52 °C and cook until the food probe temperature is reached.

(Pre-)heat cooking space to 150 °C with Hot air + steaming

Preheating completed. Insert cookware.

(Pre-)heat cooking space to 150 °C with Hot air + steaming

Finish and serve

Preheat plates. Spread the black rice in the middle of the plates and place the John Dory fillets on top. Spread saffron sauce around the rice, garnish with a little fennel salad.

Accessories

Vacuum bag

Stainless steel tray

Food probe

Additional information

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