

Cod, traditional flavors powdered

<http://userealbutter.com/2009/07/14/butter-poached-cod-recipe/>

from Grant Achatz, found in Alinea

12 oz. cod, cut into 3 oz. pieces
beurre monte
300g fresh snow peas, sliced into thin rounds (2 mm)
sea salt/kosher salt
1 banana
300g lemons (about 2 medium lemons)
150g cilantro
150g parsley
100g dried banana chips (or dry 1 banana's worth of chips)
300g spray dried cream powder (or powdered milk) (I omitted)
100g cup minced red onion
200g capers (brined, not oil)

beurre monte

1 lb. (450g) butter, cold and cubed
60g water

In a small saucepan, bring the water to a boil, remove from heat and whisk in the butter 1 cube at a time. This should form an emulsion. Keep this heated, but under 195 degrees. The emulsion will not break – this is your poaching liquid. The poaching liquid could be replaced with other poaching methods. Water, wine, bay leaf, garlic clove, pepper, etc. Try to go easy on the salt in the liquid if you use a replacement.

Powders: once dried, all powders should be pulsed in a coffee grinder/spice mill/mortar and pestle then passed through a chinois or fine mesh strainer.

citrus powder

300g lemons
water for poaching

Zest 2 lemons, remove the pith from the zest and poach in boiling water three times. Dry with paper towels and move to a dehydrating tray. 130°F for 12 hours. Pulse the zest in a coffee grinder, pass through chinois. If you do not have a dehydrator, place in microwave for 8 to 10 minutes at medium power. Once dried, follow the other instructions.

cilantro/parsley powder

150g parsley
150g cilantro

Blanch the parsley in boiling saltwater for 1 second, submerge the leaves in ice water for 3 minutes. Dry on paper towels and place on dehydrator tray. 130°F for 12 hours.

Grind and pass through chinois. If you do not have a dehydrator, place in microwave for 30 seconds, turn over leaves and microwave for another thirty seconds. They should be dry by now, pulse in coffee grinder, pass through chinois and reserve. Repeat for the cilantro.

onion powder

1 cup (100g) red onions, minced

Place in dehydrator at 130°F for 12 hours or microwave at medium power for 20 minutes. Pulse in grinder, pass through chinois.

caper powder

200g capers (get the ones packed in brine/vinegar)

Run the capers under cold water for two minutes to remove some of the brine. Dry on paper towels and dehydrate for 12 hours at 130°F. Once dry, pulse and sift the powder. Mix it with the onion powder.

brown butter powder

100g dried unsweetened banana chips
300g spray dried cream powder (omitted)

If you cannot find the cream powder, you can substitute Bob's red mill non fat dry milk powder, or even carnation instant milk powder. The substitutions will alter the flavor a little, but you will still get the general idea. Preheat the oven to 350°F, sift the cream powder into a fine layer on a silpat or on parchment. Bake for 4 minutes, then remove from heat. If it bakes for too long, it will burn. Be very cautious with all powders in the oven. They all go from browned to burnt in a few seconds. Grind the banana chips in a coffee grinder and mix with the toasted cream powder. Pass this through a chinois and reserve.

Prepare the cod: I cut my cod into 3 ounce pieces (about double what is recommended). Bring 100g water, 100g beurre monte, and green bean rounds to a boil over high heat. Cook until the water has evaporated (about 3 minutes), when the pan is almost dry, remove it from heat and season with salt. Bring 300g water and 300g beurre monte to simmer over medium heat, add fish and simmer for 2 minutes. Remove the pan from heat and flip the fish over and let rest in pan for two more minutes. Transfer to warming tray lined with parchment and season with fine sea salt.

Plating: Take the tip of a small spoon and make a small mound of the citrus powder, the onion-caper powder, and the cilantro parsley-powder. Swirl these around in a hurricane type pattern. I found that it is easier, and you get finer lines if you lightly shake the plate to flatten out the mounds, then swirl the spoon through it to get the pattern. Peel the remaining banana into thin slices (3mm) fan three slices on the plate, place green beans on top and place skate wing portion on top. On the tall edge, sprinkle the brown butter powder.