



Creamy almond and hake empedrat

Almonds are one of our pet products. We had previously worked with them using the OCOO appliance, in which they acquired a texture similar to that of cooked haricot beans. This inspired us to make an *empedrat* – a traditional Catalan salad of beans and cod – with our brined hake, which when flaked had a texture very similar to that of cod flakes. Spheres and jellies complete the dish, which showcases tradition, textures and our different techniques that went into it.

Pickled Padrón pepper seed clusters

10 Padrón peppers
100 g white wine vinegar
0.5 g ascorbic acid
500 g spring water

- 1 Use a sharp paring knife to cut out the whole seed clusters from the peppers.
- 2 Mix the water with the ascorbic acid and bring to the boil. Add the pepper seed clusters and cook for 2 minutes.
- 3 Drain and transfer the cooked seed clusters to a glass jar. Cover the seed clusters in white wine vinegar.
- 4 Refrigerate for at least 72 hours.

Cooked bean broth

500 g Ganxet beans
3.5 litres water
Salt

- 1 Wash the beans.
- 2 Put the clean beans into a bowl and cover with 1.5 litres of water.
- 3 Leave to soak at room temperature for 12 hours.
- 4 Drain and wash the soaked beans.
- 5 Combine with 2 litres of water in a stock pot. Season with salt and bring to the boil over a medium heat.
- 6 Cook for 1 hour 30 minutes.
- 7 Remove from the heat and leave to cool down at room temperature, without stirring to stop the cooking liquid from turning cloudy.
- 8 Strain and set aside the cooked beans and cooking liquid separately.
- 9 Season the cooking liquid with salt if necessary.
- 10 Set aside the bean broth in the refrigerator and reserve the cooked beans for another use.

Frozen black Aragón olive cores

300 g black Aragón olives
500 g black Aragón olive brine

- 1 Pit the olives.
- 2 Combine the olives with the brine in which they were preserved in a blender and process to a smooth purée.
- 3 Fill 10 black Aragón olive-shaped silicone moulds and freeze.
- 4 Then un mould and set aside in the freezer.

Mimetic black Aragón olives

100 g cocoa butter
1.5 g black food colouring
10 frozen black Aragón olive cores ↑

- 1 Melt the cocoa butter over a medium heat, then whisk in the food colouring.
- 2 Insert needles into the frozen cores and dip them in the melted cocoa butter at 68 °C for 2 seconds. Then drain and transfer to a container lined with baking parchment. Carefully remove the needles.
- 3 Refrigerate for 2 hours in an airtight container.

Green olive juice

300 g unpitted green Manzanilla olives

- 1 Pit and purée the olives to a paste in a blender.
- 2 Filter the paste through a Claribag, squeezing well to obtain a tasty olive juice.
- 3 Set aside in the refrigerator.

Alginate solution

1 litre spring water
5 g sodium alginate

- 1 Process the water and sodium alginate with a hand-held blender until lump-free.
- 2 Refrigerate for 24 hours.

Green olive sphere base

150 g green olive juice ↑
0.3 g xanthan gum
1.5 g calcium gluconolactate

- 1 Use a hand-held blender to dissolve the calcium gluconolactate in the olive juice.
- 2 Add the xanthan gum and process until lump-free.
- 3 Refrigerate for 12 hours.

Green olive spheres

Alginate solution ↑
Green olive sphere base ↑
100 g extra-virgin olive oil

- 1 Fill a 5-ml measuring spoon with the green olive sphere base.
- 2 Drop the contents of the spoon into the alginate solution to make olive spheres. Make 2 olive spheres per person.
- 3 Leave the spheres to cook in the solution for 1½ minutes.
- 4 Take out the olive spheres with a slotted spoon and rinse by immersing in cold water.
- 5 Then drain the olive spheres, taking care not to break them. Transfer to a container, cover with extra-virgin olive oil and set aside in the refrigerator.

Cooked almonds

30 raw marcona almonds, peeled
400 g water

OCOO pressure double boiler

- 1 Combine the almonds and water in the ceramic pot of the OCOO pressure double boiler without the steamer insert and run the Aged Egg programme for 7 hours.
- 2 When complete, use a spoon to transfer the almonds to another container, taking great care not to break them.
- 3 Cover the almonds with 2 tablespoons of the cooking liquid to keep from drying out and set aside in the refrigerator.

Peeled tender almonds

20 tender almonds

- 1 Peel the almonds.
- 2 Place the almonds in a container and cover with damp kitchen paper to keep from oxidising.
- 3 Set aside in the refrigerator.

Clear tomato water

1.5 kg ripe tomatoes

- 1 Wash, de-stem and quarter the tomatoes.
- 2 Juice the tomatoes and transfer the juice to a deep and narrow container. Refrigerate for 3 hours, keeping perfectly still.
- 3 Remove the solids that will have formed at the top of the container and reserve for another use.
- 4 Filter the tomato water remaining at the bottom through a sieve lined with kitchen paper, leaving it crystal clear.
- 5 Set aside in the refrigerator.

Tomato water jelly

250 g clear tomato water ↑
0.7 g agar-agar powder
½ 2-g gelatine leaf (previously softened in cold water)
Salt

- 1 Season the tomato water with salt.
- 2 Add the agar-agar and bring to the boil, stirring constantly with a whisk.
- 3 Remove from the heat and dissolve the drained gelatine.
- 4 Transfer the mixture to a container that allows for a depth of 5 mm and leave to set in the refrigerator for 3 hours.

Seasoned tomato juice

500 g ripe tomatoes
50 g extra-virgin olive oil
15 g 25-year-old sherry vinegar
Freshly ground black pepper
Salt

- 1 Wash the tomatoes.
- 2 De-stem, deseed and cut the tomatoes into 2-cm dice.
- 3 Season the tomatoes with the remaining ingredients and mix.
- 4 Vacuum seal and marinate in the refrigerator for 24 hours.
- 5 Press the tomatoes through a fine-mesh sieve and set aside the seasoned tomato juice in the refrigerator.

Thickened seasoned tomato juice

150 g seasoned tomato juice ↑
0.1 g xanthan gum

- 1 Combine the seasoned tomato juice with the xanthan gum and process with a hand-held blender until lump-free.
- 2 Transfer to a squeeze bottle and set aside in the refrigerator.

Dried basil leaves

1150-g bunch basil

- 1 Pluck the basil and set aside the stalks for another use.
- 2 Lay the basil leaves flat and without overlapping on a plate suitable for use in the microwave.
- 3 Cook in the microwave for 30 seconds on the highest power setting, until the leaves are dried out.
- 4 Set aside the dried basil leaves in an airtight container in a dry place.

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Basil oil

100 g corn oil
10 g dried basil leaves ↑
2 g soya lecithin powder

- 1 Put the dried basil leaves into the conche.
- 2 Run the conche and gradually add the oil.
- 3 Aggregate the lecithin and leave the conche running for 2 hours.
- 4 Filter the oil through a fine-mesh sieve and remove any air from the oil in a vacuum sealer.
- 5 Transfer to an airtight container and set aside in a cool, dry place.

! Note: Minimum amount to guarantee a good result.

Tomato oil

150 g freeze-dried tomato powder
170 g extra-virgin olive oil
3 g soya lecithin powder

- 1 Combine the three ingredients in a conche.
- 2 Run the conche for 3 hours to obtain a thick and almost completely homogeneous oil without lumps.
- 3 Filter through fine-mesh sieve and remove any air in a vacuum sealer.
- 4 Set aside in an airtight container in a dry place.

! Note: Minimum amount to guarantee a good result.

Brine

3 litres water
90 g salt

- 1 Combine the water and salt to make brine. Dissolve to make a brine and set aside in the refrigerator.

Hake fillets

12-kg line-caught hake
3 kg of brine ↑

- 1 Without scaling, fillet the hake.
- 2 Set aside all the bones, trimmings and the head, gills and eyes removed, for the stock.
- 3 Soak the two fillets in the brine for 36 hours in the refrigerator.
- 4 Take the fillets out of the brine and rinse.
- 5 Remove the skin from the fillets and cut out a 120-g piece from the thick central part of each fillet, reserving the remainder for another use.
- 6 Set aside in the refrigerator.

Hake flakes

2120-g centre-cut hake fillets ↑
80 g extra-virgin olive oil

- 1 Vacuum seal each hake fillet in a cooking bag with 40 g of olive oil.
- 2 Cook sous-vide in a water bath at a of 45 °C for 20 minutes.
- 3 Then take the fillets out of the bag and, taking care not to break them, separate the flesh into flakes.
- 4 Prepare 20 hake flakes.
- 5 Transfer to an airtight container and set aside in the refrigerator.

Peeled cherry tomatoes

10 ripe cherry tomatoes

- 1 Use a paring knife to score the skin at the top of the tomatoes without piercing the flesh.
- 2 Blanch the tomatoes in boiling water for 5 seconds and refresh in an ice bath.
- 3 Drain and peel the tomatoes.
- 4 Transfer to an airtight container and set aside in the refrigerator.

Monkfish sauce

2 monkfish heads
200 g extra-virgin olive oil
1 g xanthan gum
Salt

- 1 Clean any traces of entrails from the monkfish heads.
- 2 Remove and discard the eyes.
- 3 Cut the heads into about 10-cm chunks and soak in ice water for 2 hours to purge of any blood.
- 4 Drain the clean monkfish head pieces.
- 5 Heat 150 g of extra-virgin olive oil in a casserole and add the head pieces.
- 6 Sauté, season with salt and cover the casserole. Cook over a low heat for 30 minutes.
- 7 The head will have released all its residual water and collagen in this time, leaving tasty monkfish juices.
- 8 Strain through fine-mesh sieve.
- 9 Add the xanthan gum to 200 g of monkfish juices and process with a hand-held blender until lump-free.
- 10 Gradually whisk in the remaining 50 g of extra-virgin olive oil with a hand-held blender to an emulsion.
- 11 Season with salt and set aside.

Others

10 g chopped chives
10 g salt flakes
20 1-cm ice cubes
Extra-virgin olive oil
Freshly ground black pepper

Assembly

- 1 Season the cherry tomatoes with salt flakes and pepper. Place one in the middle of the plate.
- 2 Use a teaspoon to make 20 quenelles of tomato water jelly. Arrange 2 pieces beside the tomato.
- 3 Make an arrangement on the plate with 2 olive spheres, 2 tender almonds, 3 cooked almonds and 1 pickled Padrón pepper seed cluster. Place 2 hake flakes on one side.
- 4 Drizzle over the middle of the plate with the seasoned tomato juice and coat the hake flakes with monkfish sauce.
- 5 Drizzle a teaspoon of basil oil and another of tomato oil over everything.
- 6 Season with chopped chives, a little virgin olive oil and salt flakes.
- 7 Place a mimetic olive and an ice cube on the plate.
- 8 Serve accompanied by 20 g of cold bean broth in a glass.

