

**Loup de mer, mussels, algae**  
**José Avillez**

**Loup de mer**

4 slices loup de mer (European sea bass)  
fillet with skin, 80 g each ( from a loup  
de mer weighing 3 - 4 kg)  
500 ml water  
10 g salt  
Mussel water (see recipe section „Mussel water“)

**Mussel water**

1 kg fresh mussels  
250 ml water

**Shellfish**

250 g fresh cockles  
500 g fresh razor clams  
100 ml brine (2 % salt content)

**Seaweed**

50 g fresh lechuga de mar (sea lettuce)  
50 g fresh red tosaka seaweed  
50 g fresh green tosaka seaweed  
20 g fresh codium seaweed  
Mussel water (see recipe section “Mussel water”)

**Plating**

12 pickled sea grapes (umibudo  
seaweed), soaked for 5 minutes and cut into pieces 1.5 cm long  
Fresh sea fennel

### **Loup de mer**

Remove the bones from the fish fillet slices. Dissolve the salt in the water. Place the fish in the brine for 1 hour, then pat dry and vacuum seal in individual portions. Cook the fish in a water bath for 12 minutes at a constant temperature of 54 °C, then take out and leave to stand for a short time. Then toss briefly in some hot mussel water and serve.

### **Mussel water**

Wash, clean and sort the mussels, then spread out on a baking sheet. Pour on water and cook the mussels in a steam oven for 10 - 12 minutes at 100 °C. Use the cooked mussels in a different dish. Strain the mussel liquid through a fine sieve and season with lemon juice. Heat up the mussel water just before serving.

### **Shellfish**

Wash, clean and sort the cockles and razor clams. Blanch the cockles for 13 seconds in boiling water and plunge into ice water. Remove the cockles from the shells, cut in half and clean. Vacuum seal the razor clams with the brine. Then place the sous vide bag in boiling water for 2 minutes and plunge into ice water. Remove the razor clams from the sous vide bags. Retain the razor clam stock, strain and refrigerate. Remove the razor clams from the shells, clean and cut into small pieces. Refrigerate the prepared shellfish pieces and heat in some razor clam stock just before serving.

### **Seaweed**

Blanch the sea lettuce in boiled salted water for 5 seconds and plunge into ice water. Let the whole pieces drip dry and refrigerate in an airtight container. Wash the red and green tosaka seaweed in cold water to remove the salt. Then drip dry and refrigerate in an airtight container. If the codium seaweed is vacuum sealed, remove it, spread out on a tray and allow to breathe for 4 - 5 hours. Cut the codium seaweed into pieces and wash in cold water, drip dry and refrigerate in an airtight container. Just before serving, heat some mussel water and add the prepared seaweed to warm only briefly.

### **Plating**

Place 1 slice of loup de mer fillet in the centre of each of 4 deep plates with the skin-side facing up. Decorate the fish with plenty of razor clam pieces, cockles and seaweed. Garnish with sea grape pieces and fresh sea fennel. Finally carefully pour over some warm mussel water.