

Grilled John Dory with Oyster, Kohlrabi and Apple

Recipe Courtesy of Robin Wickens

Ingredients

2 whole john dory, 2 lbs. (900g) each, heads removed
4 fresh oysters, unopened
1 granny smith apple
1 green kohlrabi, plus leaf for garnish
Kohlrabi apple and parsley juice
Oyster cream
Borage flowers and sheep's sorrel (or parsley) to garnish

Method

Using shears remove all spines from the fish, season with salt and oil. On a mandoline slicer, slice the apple and kohlrabi into very thin slices (allow 3 slices each of apple and kohlrabi per serving). Blanch the slices for 5 seconds in boiling water then refresh in iced water. Drain well.

Set the EGG for direct cooking without the convEGGtor at 650°F/345°C with a cast iron grid, flat side up.

Cook the fish for 4 minutes per side, then remove to rest for 4 minutes. Place the oysters in their shells onto the grid. Cook for 5 minutes then shuck open, reserving the juice.

Put 6 large dots of Oyster Cream into each of 4 bowls. Place 2 slices each of kohlrabi and apple and the kohlrabi leaves. Carefully fillet the grilled fish and remove the skin. Divide the fish between the 4 bowls and top each with a grilled oyster. Add another slice of apple and kohlrabi on top of the fish, then pour in a little of the Kohlrabi, Apple and Parsley Juice. Garnish with herbs and flowers. Serves 4

Kohlrabi, Apple and Parsley Juice

1 green kohlrabi
2 granny smith apples
10 oz. (285 g) parsley
1 cup (240 ml) water
Easythick™ or corn starch to thicken if preferred
Salt to taste

Blanch parsley in boiling water then refresh in iced water. Blend parsley and the water until very green, strain through a cheesecloth. Juice the apple and kohlrabi. Mix ¼ cup parsley water and ½ cup kohlrabi/apple juice. Season with salt and thicken if desired.

Oyster Cream

12 unopened oysters
2½ cups (500 g) cream
2 tsp (6 g) agar or gelatin

Add the oysters and juice to the cream and warm for 15 minutes. Strain through a fine sieve pressing lightly on oysters. Remove the oysters and set aside – you should have about 2½ cups (600 g) cream mixture. Boil with agar or gelatin and allow to set in fridge; blend

mixture until smooth and creamy.