

Argentinian shrimp cooked sous vide, green apple and chives sabayon |

Recipe for 4 servings

Description

A new way to work shrimps!

Note

The size of the shrimp is important in calculating the cooking time for this recipe, so use 21/25 shrimp to keep it to the minimum.

Ingredients

For the Lobster

- 250 Gr Argentina shrimp
- 1 Clove(s) Crushed garlic
- 30 Gr Butter

- Salt and pepper

For the Sabayon

- 100 Ml Apple juice
- 15 Ml Apple cider vinegar
- 1 Unit(s) Egg yolk
- 75 Gr Clarified butter
- 0.50 Unit(s) Green apple
- 6 Sprig(s) Fresh cilantro
- 1 Tbsp Lemon
- 15 Ml White wine
- 50 Gr Shallot

- Salt and pepper

Topping

- 6 Sprig(s) Chives

- Salt and pepper

Preparation

- Preparation time **40 mins**
- Preheat your **thermocirculator** at **140 F°**

Preparation

Crush the garlic cloves.

Remove the lobster tails from the bodies and stick them together 2 by 2, placing the crushed garlic in between the tails. Use butcher string to tie them together. Place them in the vacuum bags.

Vacuum seal.

Peel the onions and cut the roots just enough to be able to stand them. Cut the top 1/4 off each onion.

Dice the shallots. Zest and juice the lemons. Chop the cilantro. Cut the apples into small cubes (add a little lemon juice to avoid them oxidising).

Lobster

Count 12-15 minutes of cooking at 60°C in the water bath. Once cooked, plunge the bags directly into ice water to stop them from over cooking. When ready to serve, remove from the bags,.

Sabayon

Start by clarifying the butter. (Melt on low heat and skim the surface to remove milk solids)

In a sauce pot, add the apple juice, white wine, vinegar, shallots and a pinch of salt and reduce until almost dry. Clarify the eggs and add the yolks to the shallot and wine reduction. Add a few drops of cold water and start to emulsify. Place on minimum heat and emulsify as if you were making a béarnaise. Finally, add the clarified butter in a slow drizzle while continuing to whisk. Finally, add the cilantro, apple cubes, lemon zest and then season to taste. Set aside.

Plating

In a flat plate of your choice, place the shrimp first, add the sabayon on top and a few tips here and there on the plate. Finish with a few coriander leaves, a little apple brunoise and Espelette pepper. Enjoy hot!

Bon appétit!