

Chef Edward Tuson and Sinclair Philip

SOOKE HARBOUR HOUSE SMOKED SABLEFISH PUREE NESTLED IN A SEA LETTUCE CROWN SURROUNDED BY POOLS ESSENCE OF SABLEFISH SEA FOAM, GRAND FIR OIL, JELLED RHUBARB VINEGAR AND DRIED DAYLILY FLOUR-PHYLLO CRISPS GARNISHED WITH EARLY SPRING WILD GREENS

(SERVES 4)

INGREDIENTS FOR THE SEA LETTUCE CROWN:

Smoked sablefish 175 grams (lightly smoked over alder wood)  
Sea lettuce, organic 2 1/2" wide x 3 1/2" long  
Celeriac, organic 60 grams  
Shallots, organic 25 grams  
Garlic, organic 5 grams, minced  
Dried chili flakes, organic 5 ml  
Pumpkin seeds, organic 50 grams  
Mustard seeds, organic 10 ml  
Coriander seeds, organic 10  
Vegetable oil 30 ml  
Dijon style mustard 30 ml

GARNISHES:

1. Pepper cress
2. Oxeye daisy leaves
3. Common miner's lettuce
4. Chickweed

Equipment:

A round stainless steel mold, 2" in diameter by 2" tall

TO PREPARE SEA LETTUCE CROWN:

1. Preheat the oven to 250 degrees F.
2. Wrap a piece of the sea lettuce around the mold once and then place it where the two seams join, seam side down, on a cooling rack.
2. Place the cooling rack on a baking sheet and put it into the oven for approximately 20 - 30 minutes.
3. Take out of the oven and, when cool, slide the sea lettuce from the ring mold.

TO PREPARE THE SABLEFISH Purée AND THE SABLEFISH FOAM:

1. Purée all the ingredients for 4 minutes.
2. Place in a cheese cloth and twist the moisture out.

3. Reserve the moisture or residue resulting from the sablefish-celery root. Purée and extract through the cheese cloth. This is the sablefish foam.

Ingredients for the flying squid:

Flying squid tentacles 16, 2 1/2" long

Carrots, organic 2, medium sized, diced finely into 1/4" by 1/4" cubes

Celery, organic 2 stalks, cut into 1/4" lengths

Onion, organic 1, medium sized, coarsely chopped

Ginger, organic 2 tbsp, minced with the skin on

Garlic, organic 2 tbsp, peeled and minced

Lemongrass, organic 1 stalk, sliced into 1/6" thick slices

Licorice Tea 1 bag

Red wine 1 cup

Water 1 litre

Fresh bay leaves, organic 3

Coriander seeds, organic 10

Vegetable oil 1/4 cup

TO braise the flying squid:

1. Sauté the carrots, celery and onion over medium-high heat, in 1/4 cup of vegetable oil for 10 minutes.
2. Remove from the heat and add the rest of the ingredients including the squid tentacles.
3. Bring to a simmer and braise for 1 hour.
4. Cool and remove all the outer skin and suckers.
5. Then place the squid in the following marinade.

INGREDIENTS FOR THE MARINADE:

Hazelnut oil 3/4 cup

Rosemary, organic 2 tbsp, chopped finely

Garlic, organic 2 cloves, cut in half

Coriander seeds, organic 6, crusted

Black pepper corns 10, crushed

Juniper berries, organic 6, crushed

Shallots, organic 3, quartered

TO PREPARE THE MARINADE

1. Mix the ingredients together in a small bowl and then place the squid in it for approximately three hours. Refrigerate.

Ingredients FOR GELLED RHUBARB:

Rhubarb, organic 400 ml, cut into 1/4" lengths

Apple juice, organic 400 ml

Red wine vinegar 20 ml

Corn syrup 30 ml

Gelatin sheets 3  
Cornstarch 20 ml  
Cold water 1/2 cup

TO PREPARE THE GELLED rhubarb vinegar:

1. Simmer the rhubarb and the apple juice at very low heat for 12 minutes and strain through a fine china cap or strainer. Don't push the rhubarb pulp through the china cap since you only want the juice.
2. Place the juice in a non-reactive pot and reduce to 125 ml.
3. Let cool for 10 minutes and add the red wine vinegar and cornstarch.
4. Whisk until all the cornstarch is fully dissolved.
5. Put back onto the stove and bring the pot to a boil for 90 seconds. Whisk continuously.
6. Remove from heat.
7. Soak the gelatin in 1/2 cup of cold water for 5 minutes. Strain and add the softened gelatin sheets into the rhubarb and cornstarch mixture while it is still warm.
8. Whisk until the gelatin is fully dissolved.
9. Spoon out 1/4 tsp. mounds of the rhubarb jelly onto a parchment paper lined baking sheet and place in a cooler for 20 minutes.

INGREDIENTS FOR THE DRIED DAYLILY FLOWER GRAND FIR OIL:

Day lily flowers, organic 20 dried  
Fresh grand fir needles, organic 1 tbsp, early spring light green shoots are the best  
Vegetable oil 2/3 cup

TO PREPARE THE DRIED DAYLILY FLOWER GRAND FIR OIL:

1. Crush the flowers as much as possible by hand before grinding in a coffee bean grinder to powder.
2. Place all the ingredients in a blender and purée at high speed for 2 minutes.
3. Pour the mixture into a stainless steel insert and use.

TO PREPARE the Phyllo Crisp:

1. Brush a single 4 x 6 inch piece of phyllo with melted butter on both sides.
2. Sprinkle with daylily flour dust
3. Bake in a 350 degree oven for 7 to 9 minutes

ASSEMBLY:

Place the sea lettuce crown in the center of a plate. Spoon in the sablefish purée. Then garnish with wild greens and a few flying squid tentacles. Place the rhubarb jelly around the plate and spoon some of the sable fish foam in between. Use wild peppercress or other wild greens at the base of the sea lettuce crown or on the plate.