

## Recipe #4

Recipe Name: Yuzu Kosho creamy dressing

Season scup with salt and pepper, sear

Dressing

*Recipe Yield: 1 QT*

Ingredients	Method of Prep
1 C Vinegar (we used Maple Cider Vinegar) 3 C Vegetable/ Blended Oil 2 T Mayonnaise 1 T Yuzu Kosho 1 oz Lemon juice 1 ea Shallot 2 ea Garlic clove 2 t Ginger 2 T Honey TT Salt TT Pepper	<ol style="list-style-type: none"><li data-bbox="1108 467 1992 581">1. In a blender, combine the vinegar and all ingredients besides the oil and blend till shallots are minced small and there are no large chunks.</li><li data-bbox="1108 589 1992 703">2. While blending, slowly stream in the oil making sure to keep the emulsion and not break it. Once all oil is added in season to taste with salt and pepper.</li></ol>

**Notes:** Yuzu Kosho should be available at any local Asian grocery stores; however, it is not required. You may supplement with the zest of one lemon, and add 1 teaspoon of red pepper flakes.

Recipe Name: Sweet Potato Foam/Puree

Sweet Potato Foam  
*Recipe Yield: 1 QT*

Ingredients	Method of Prep
<p>3 Ea Sweet Potatoes</p> <p>4 oz Butter</p> <p>4 oz Fumet</p> <p>2 Ea Thyme sprigs</p> <p>3 Ea Black peppercorns</p> <p>1 Ea Bay leafs</p> <p>TT Salt</p> <p>TT Pepper</p>	<ol style="list-style-type: none"><li>1. Peel and cut the potatoes into a uniform size, place in a pot of water with the thyme, black peppercorns, bay leaf and add salt to it to help season the potatoes.</li><li>2. While the potatoes are boiling, add butter to a sauce pan and put on a high heat, making sure you are whisking it constantly. Paying attention to make sure it doesn't burn, as soon as it browns, smells nutty and no longer is making noise in the pan, remove from heat and pour into a different container so it stops cooking.</li><li>3. Once the potatoes are cooked and fork tender, strain and add to a blender. Stream in the brown butter and fumet, getting it to a smooth and silky consistency. Season to taste.</li><li>4. If you have an iSi (food whipper) add the potatoes to the canister and charge twice, once charged dispense under the fish on the plate.</li></ol>
<p><b>Notes:</b> iSi is not required, however it helps incorporate air into the potatoes. Fumet is a fish stock, if you cannot access any use vegetable stock or water to supplement.</p>	