

Smoked anchovies with roe mousse

"The dish I created for you with love from Greece, is smoked anchovies with roe mousse! Bon appétit!"

— Giorgos Tsoulis

- **Serving:** 2 persons
- **Preparation:** 45 minutes preparation, 60 minutes in total
- **Difficulty:** high
- **Sustainability:** Greek anchovies are one of the few stocks that are in good status in the Mediterranean. Stocks are also in good condition in the Atlantic. Some of the anchovies fisheries carry the Marine Stewardship Council certification. Minimum Conservation Reference Size = 9cm
- **Seasonality:** Buy the fish in the spring and summer months



Ingredients for the anchovies

- 100 g anchovies (deboned and cleaned)
- 200 g of dark brown sugar
- 10 sprigs of thyme
- 5 sprigs of rosemary

Ingredients for the roe

- 40 g white roe
- ½ cup finely chopped onions
- ½ lemon, juiced
- 300 ml sunflower oil

Ingredients for the shallots

- 4 shallots, cleaned
- 1 tbsp white wine vinegar
- 1 tsp crystallised sugar

Ingredients for the herb oil

- 150 ml sunflower oil
- 40 g parsley
- 40 g spring onions (scallions) just the green part

Ingredients for tomato tartare

- 1 tomato deseeded and cut into cubes
- 1 onion, finely chopped
- 1 tsp capers finely chopped
- 1 dash tabasco sauce
- 1 tsp lemon juice
- 1 tbsp olive oil

Ingredients for the bread

- 50 g artisan bread, cut into long strips
- 50 g butter
- salt

Preparation of the anchovies

- Line a deep pot with aluminium foil, make sure to line the bottom and sides very well (there shouldn't be any openings in the lining of the pot). Cover the lid of the pot in the same fashion making sure there are no openings.
- If the anchovies are not cleaned and deboned, take a sharp knife and slice open the belly and remove the bones.
- Add the brown sugar to the bottom of the pot with thyme and rosemary and cover it with aluminium foil. Take a sharp knife and puncture some holes in the foil.
- Place the lid on the pot. Place on the stove and cook on high heat.
- When it starts to smoke, place the anchovies inside and cover with the lid. Smoke the anchovies for 3 minutes. Remove and put it aside to rest.

Preparation of the mousse

- In a blender add the roe, onion and lemon juice and start to blend at medium speed. Do not over mix and as soon as everything is combined slowly start to drizzle in the sunflower oil (it's a similar process to making mayonnaise).
- When the mixture is light and fluffy, remove from the blender into a bowl and place in the fridge.

Preparation of the shallots

- In a small pot add the shallots, vinegar and sugar. Add water until the shallots are just submerged. Boil on medium heat for about 20 minutes until the shallots are soft and caramelised.
- When they have a golden colour and are soft, drain the excess liquid and set aside to cool.
- After the shallots have cooled, take a sharp knife and slice them lengthwise down the centre and carefully separate each layer.
- Next, heat a pan on a very high heat, add the shallots and sear until they are dark in colour.

Preparation of the herb oil

- Place all the ingredients in a food processor and blend for 5 minutes.
- Place the ingredients in a small pot and simmer on a low heat until the temperature has reached 100 ° C / 212 ° F.
- Next, take a sieve and place it over a bowl and place a coffee filter inside.
- Slowly drizzly the mixture into the coffee filter and let it strain slowly.

Preparation of the tomato tartare

- Place all the ingredients into a bowl and mix them with a spoon until all ingredients are incorporated, place in the fridge to chill.

Preparation of the bread

- Heat a pan on a medium to high heat, add the butter and as soon as it melts add the bread.
- Sprinkle some salt over the bread and when it's toasted and golden-brown flip it over, add a little more salt and then remove from the pan.

Final preparation

- Place the bread on a serving plate, spoon over the tomato tartare and place the anchovies on top of the mousse. Next to the anchovies, add a spoonful of the roe mousse and place a shallot leaf on top of the mousse. Finally, drizzle the herb oil around the plate.