



Presents

Sindri G. Sigurðsson

Chef



Sindri G. Sigurðsson is a 25 years old Icelandic chef. He is a member of the Icelandic Culinary team. He had the first place in dessert of the year in 2019. He also won 2 golds and third place overall in the Olympics 2020 with the Icelandic Culinary team. Finally, he won the first place in Euroskills Iceland. He is currently sous chef at Héðinn restaurant.

His recipe: **Mandarin cured Halibut, green asparagus, asparagus purré, brussel sprouts, mandarin oil, creamy halibut sauce, mandarin purré and wild Icelandic herbs.**

### 1. Recipe

- 1 Medium fillet of Halibut around 300 g

### 2. Cure for Halibut

- 100 g Salt
- 100 g Sugar
- 25 g **Fruit'Zest Mandarin Capfruit**

Mix well together with a whisk until mixture turns orange. Cover the Halibut with the mixture for 15 minutes and clean off with cold water. Portion the Halibut in 80 grams portions.

### 5. Mandarin purré

- 500 g **Fruit'Zest Mandarin Capfruit**
- 30 g Sugar
- 50 g Olive oil
- 5 g Salt
- 5 g Mandarin juice

Blanch Fruit'Zest Mandarin 4 times in clean water each time. Then put everything in a blender and blend until smooth.

### 6. Asparagus

- 5 Asparagus

Vacuum pack with the mandarin oil and cook at 85 degrees for 10 minutes. Then cool in a ice bath.

### 3. Mandarin oil

- 200 g Rapeseed oil
- 50 g **Fruit'Zest Mandarin Capfruit**

Put together in a blender and a thermomix until the oil turns 80 degrees and then strain it.

### 7. Brussel sprouts

- 100 g Brussel sprouts

Blanch in salty water for 1 minute and then put in a ice bath.

### 4. Halibut sauce

- 300 g Reduced Halibut stock
- 50 g Heavy cream
- 50 g Milk
- 50 g Butter

Put stock, cream and milk in a pot and bring to boil. Then add butter last and mix with a hand blender until it becomes foamy.



### Fruit'Zest Mandarin Capfruit

Originally from China, today the mandarin is very often cultivated in Italy and Spain. Very fragrant, and appreciated by the youngest, it offers sweet and sweet citrus aromas. Its smooth and orange skin contains a concentrate of aromatic and gourmet fragrances. Our Fruit'Zest Mandarin semolina will perfectly complement your sweet and savory preparations, as well as your cocktails or hot drinks. Its flavors and intense color come only from the processed fruit in its raw state. Fruit'Zest Mandarin is raw, not candied and without added sugars, other than those naturally present in the fruit.

