



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT

“TURBOT, SWEET PEPPERS AND GREEN GAZPACHO”

RECIPE BY HEINZ BECK

INGREDIENTS

Serves 12 people

Peppers

- 1 yellow pepper
- 5 red peppers
- 1 green pepper
- Parsley
- Coconut oil
- Espelette
- Half a cucumber
- 10 capers
- Garlic oil

Garlic Oil

- 300 ml extra virgin olive oil
- 1 piece of garlic

Red Onion

- Half of a Tropea red onion
- 100 ml red wine
- 30 ml red wine vinegar
- 1 leaf of laurel
- Pepper in grains

Turbot

- 12 turbot fillets
- Cucumber oil
- Salt



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Dehydrated Olives

- 100 gr taggiasca olives

Green Gazpacho

- 1 stalk of celery
- 2 green peppers
- 2 yellow peppers
- 8 tabacchiere peaches
- Avocado
- Extra virgin olive oil
- Mazzetti vinegar
- 10 gr fresh basil
- 10 gr fresh parsley
- 10 gr fresh origan
- 10 gr fresh marjoram

Dish Preparation

- Edible flowers
- Wild fennel
- Clover

METHOD

Peppers

- Wash the peppers and skin them.
- Reduce to brunoise a yellow, a red and a green pepper taking care to eliminate the seeds inside. Keep aside.
- Grease the remaining red peppers with extra virgin olive oil, add a pinch of salt and cook half of the red peppers on the barbecue and half in the oven at 180 ° C for 20/25 minutes.
- Once cooked, peel all the peppers: blend the half cooked at the barbecue until you get a homogeneous puree and reduce the remaining part cooked in the oven to brunoise.



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- Wash the cucumbers and also reduce them to brunoise.
- Combine the cooked and raw brunoise of peppers with the puree and season with chopped parsley, cucumber, capers, espelette, coconut oil and garlic oil. Keep aside.

Garlic Oil

- Place the oil and garlic cloves in a vacuum bag. Cook in a bain-marie at 63° C for 20 minutes.

Red Onion "In Carpione"

- Peel the onion, reduce it to brunoise and immerse it in a marinade of red wine, red wine vinegar, 1 laurel leaf and pepper in grains. Leave macerating for about half an hour.
- Drain the onion from the marinade and store in a cool place.
- Once ready, add it to the mixture of peppers previously obtained and keep aside.

Turbot

- Put the turbot fillets, previously seasoned with extra virgin olive oil and salt, inside a vacuum bag and cook at 52 ° C for 15 minutes.
- Once the sous vide cooking is finished, pass the turbot fillets on the hotplate.

Dehydrated Olives

- Remove the taggiasca olives from the oil. Dry them on absorbent paper and cook in the microwave for 2 minutes, in steps of 30 seconds, at maximum power.

Green Gazpacho

- Wash the vegetables and peaches.
- Centrifuge the peppers, celery and peaches individually until their water is obtained.
- Then add the obtained water with avocado, oil and vinegar and blend.
- Infuse the sauce with basil, parsley, oregano and marjoram for three hours.
- Filter through a fine-mesh chinoise and obtain a smooth and homogeneous sauce.



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Dish Preparation

- o Arrange on the base of the plate the brunoise of peppers and onion, lay over the turbot and decorate it with edible flowers and herbs. Sprinkle the dried olives and, at the time of service, sprinkle the dish with green gazpacho.