

Fish Roulade

Ingredients

110 g	<i>Fish</i>
1.6 kg	<i>Water, optional</i>
160 g	<i>Salt, optional</i>
80 g	<i>Sugar, optional</i>
	- <i>Activa RM, as needed</i>
	- <i>Oil, for searing, as needed</i>

Equipment

<i>Tweezers (optional)</i>	
<i>High-quality plastic wrap</i>	
<i>Tea strainer or other fine-mesh strainer</i>	
<i>Butcher's twine</i>	
<i>Sous vide setup</i>	

Timing

About 2 hr

Yield

4 servings

110 g *Fish*

1 Prepare the fish

Use tweezers to remove any pin bones from the filet (or ask your butcher or fishmonger to do this for you).

Trim away the bloodline or any other imperfections.

Divide filet lengthwise into two even pieces.

1.6	Water
kg	
160 g	Salt 
80 g	Sugar 

2 Brine (optional)

Brining your fish adds flavor and improves texture—with a roulade, this means easier slicing as well, because the finished product is firmer.

To make the brine, first weigh all ingredients.

Dissolve salt and sugar in the water.

Chill brine to below 41 °F / 5 °C.

For thinner cuts ranging from around 0.25–0.75 in (0.5–2 cm) thick, the fish should brine for about 20 minutes. For filets that are at least an inch (2.5 cm) thick, brine at least 45 minutes.

Remove filets from brine and pat dry with paper towels. The brine will give the fish an almost translucent look.

3 Set up a workstation with plastic wrap

Spread a sheet of plastic wrap onto a clean surface, leaving the far end attached to the roll. It should be smooth and wrinkle-free.

- *Activa RM, as needed* 

4 Use Activa to stick pieces of fish together

Place one piece of fish on the plastic, presentation side down. Leave several inches of plastic on either side.

Use a tea strainer to lightly dust Activa RM over the top of the fish until it's covered with a thin, even coating.

Sprinkle Activa over one side of the second piece of fish and stack, dusted side down, on top of the first.

5 Mold into a cylinder shape

Grab the corners of the plastic wrap closest to you and place around the fish as you roll it forward. Using your fingertips, gently tuck plastic tightly under filet to remove air.

Roll forward, making four complete revolutions.

Using a toothpick or sterilized needle, poke six tiny holes in the roll to remove air pockets.

Grab the plastic on either end of the roulade and pull taut. Some moisture should seep out.

Roll forward two more times.

Poke six more holes in the plastic. Pull the plastic taut again.

Roll forward three more times, then cut the plastic from its source.

Twist the plastic ends in opposite directions until the roll is tight.

Tie the ends tightly with string.

6 Cook

Cook the wrapped cylinder sous vide at 113 °F / 45 °C for 30–45 minutes. (Cooking times will vary depending on the thickness of your roulade.)

- *Oil, for searing, as needed*

7 Slice; sear; serve as desired

With the plastic wrap still in place, slice roulade into individual portions, cutting on the bias. (“Cutting on the bias” basically means cutting at a 45-degree angle.)

Remove plastic wrap from each piece.

On the stove, heat pan over medium-high heat.

Add a quick swirl of cooking oil to the pan.

Place roulade slices in pan and quickly sear on one side until caramelized.

Remove fish from pan. Serve as desired.

Troubleshooting

My fish was mushy: A couple of things could be happening. If you cook fish for an extended period after it reaches the desired core temperature, the muscle tissue will continue to soften as collagen dissolves. Establishing the point at which it reaches that core temperature and shortening the cook time accordingly may solve the problem. Another possible

culprit: a less-than-fresh piece of fish. Either way, brining before you cook will help alleviate a mushy texture.

I still had air pockets: Try taking more care when rolling your roulade—the plastic needs to be very tight. If you have access to a vacuum chamber, you can poke the holes evenly around the roulade, place in the chamber, and then run it through a few cycles there to remove air. Rewrap or place in a shrink-wrap bag before cooking to seal the holes.

The roulade fell apart: This is likely caused by too little Activa—try using a bit more. Chilling the roulade in the fridge overnight before cooking is another way to help form a strong bond and keep your roll intact.

OMG, it was cold by the time I served it: Timing can be a challenge with low-temperature cooking, but with a little practice, you'll learn to plan things so that all your ingredients finish cooking just when you're ready to assemble the dish. A couple tips: Once your roulade is cooked, you can store it in a low-temp oven until you're ready to serve. Also, try using preheated plates—a great way to help keep food warm from kitchen to table.

More fish dishes?

As you wish.

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