



RÉMY COINTREAU

GASTRONOMIE

MOUNT GAY
Barbados Rum 1703
EST.



THE CHEF

Original creation by
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SASHIMI

Starter: flame-grilled marinated fish sashimi, flambéed
with rum, served with sweet potatoes

Recipe for 10 plates

1. FISH

1 000 g buri or sea bass
10 cl **Mount Gay® rum** 55%

Marinate the fish in a little **Mount Gay® rum** for 2 hours, then grill on the barbecue or with a blowtorch.
Heat **Mount Gay® rum** in a small saucepan before pouring over fish to flambé in front of guests.

2. SWEET POTATOES

3 sweet potatoes

Cut the sweet potatoes into rectangles to fit the sliced fish, then cook in plenty of salted water.
Remove from heat, drain and grill with a blowtorch.

3. SAUCE

10 cl **Mount Gay® rum** 55%
10 cl mirin
30 g kesuri-bushi or katsuobushi
5 g spring onion
20 cl water
5 c sohyu (soy sauce)

Mix **Mount Gay® rum**, mirin and water before bringing to the boil. Remove from heat and add kesuri-bushi and sohyu. Infuse for 10 minutes, then strain.

4. SETTING

Arrange the slices of sashimi fish on the sweet potatoes. Garnish with snipped chives and puffed sarasin.

The sauce is served separately for dipping the sashimi.

Glossary:

Sashimi ("carved body" in Japanese) is a traditional Japanese delicacy, consisting of slices of fresh fish eaten raw. Sashimi should not be confused with sushi, a variant preparation based on shari (vinegared rice).

The **buri** is a fish that lives only in the waters near Japan. Highly prized in Japanese winter cuisine, its highly nutritious flesh is rich in antioxidant vitamins, and can be eaten both raw and cooked.

Mirin is a sweet rice wine with a golden color and syrupy consistency, used as a condiment in many emblematic Japanese recipes. It can be replaced by a mixture of rice vinegar, sherry wine or vermouth, with sugar (3 parts liquid to 1 part sugar).

Kesuri-bushi ou katsuobushi : a fish closely related to tuna, dried, fermented, smoked and finely grated, ubiquitous in Japanese cuisine.