

Supermelt meets Hokkaido

Cuisine: **German**
Food category: **Vegetarian dishes**



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Program steps

1

Kohlrabibalken Sous-vide

 Steaming

 Termination by time

 10:00 hh:mm

 99 °C

 50 %



2

Zwiebelasche

 Hot air

 0 %

 Termination by time

 00:50 hh:mm

 200 °C

 60 %



3

Kürbismousse

 Steaming

 Termination by time

 00:50 hh:mm

 85 °C

 50 %



Ingredients - number of portions - 10		
Name	Value	Unit
kohlrabi	1	pcs
walnut vinegar	30	ml
raspberry vinegar	10	ml
orange juice	190	ml
garlic	1	pcs
agave syrup	15	g
lime juice	10	ml
lemon juice	5	ml
medium hot mustard	10	g
ground white pepper	1	g
sea-salt	2	g
grape seed oil	80	ml
cabbage leaves, cleaned	425	g
brown sugar	5	g
pepper white whole	0.5	g
hokkaido pumpkin	400	g
gelatin	3	pcs
kala namak salt	3	g
cayenne pepper	0.5	g
cinnamon	0.75	g
whipped cream 33%	150	ml
crème fraîche	75	g
fresh wild berries	300	g
brown sugar	30	g

Directions

10 hours cooked kohlrabi planks with quinoa, pumpkin mousse, onion ash, and pickled forest berries.

Kohlrabi:
Peel the kohlrabi thinly, then cut out the largest possible cube from the middle that can be evenly divided into 2 cm. Then cut the cube into 2 cm thick square planks.

Citrus vinaigrette:
For the vinaigrette, emulsify the types of vinegar, orange juice, garlic, agave syrup, lime and lemon juice, as well as mustard, pepper, sea salt, and grape seed oil into an emulsion (first blend everything finely, then add the oil in a thin stream so that it combines and becomes a creamy sauce).

Vacuum seal the Supermelt kohlrabi planks with the citrus vinaigrette and cook overnight using program step 1.

Onion ash:
Peel the onion, remove the core, and separate the halved onion layer by layer, then allow to burn in the combi steamer as described in step 2, then mortar with brown sugar and white pepper.

Tip:
Since the onion loses a lot of weight, it is advisable to use two coated frying baskets as a "weight" by placing one

port wine	120	ml
lemon peel	1	g
cinnamon	0.3	g
bay leaf	0.5	pcs
orange peel	2	g

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	93.8 kJ
Carbohydrate	12.9 g
Fat	3.1 g
Protein	2.2 g
Water	0 g

basket on top of the other. This prevents the light onion layers from being blown around by the fan in the cooking chamber.

Pumpkin mousse:

Vacuum seal the pumpkin and cook as described in step 3. After cooking, take the pumpkin out of the bag and puree finely, allowing the soaked gelatin to dissolve in the hot puree. Season the puree with Kala Namak salt, cayenne pepper, and cinnamon, and let it cool relatively well. Then fold in crème fraîche gently and finally fold in the cream, cover, and chill.

Marinated forest berries:

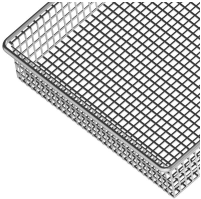
Vacuum seal the berries with sugar, port wine, lime zest, cinnamon, bay leaf, and orange zest and let marinate overnight.

Serving suggestion:

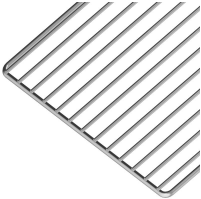
Spread light cream cheese on top of the kohlrabi, press into popped quinoa.

Serve a scoop of pumpkin mousse on a thin strip of onion ash, with a bit of fresh dill and chervil. Arrange the berries finely on the plate.

Recommended accessories



Vision Frit



Stainless wire shelving