

Sand beet on mango mousse

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



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Program steps

1	Sandbete	 Hot air  100 %  Termination by time  00:45 hh:mm  190 °C  80 % 
2	Zwiebelasche	 Hot air  100 %  Termination by time  00:25 hh:mm  200 °C  60 % 
3	(Zwiebelasche) wenden	 Hot air  0 %  Termination by time  00:25 hh:mm  200 °C  60 % 
4	Sous-vide Fingermöhre	 Steaming  Termination by time  04:00 hh:mm  68 °C  50 % 
5	Sous-vide Rote Bete	 Steaming  Termination by time  00:30 hh:mm  99 °C  50 % 

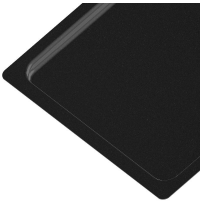
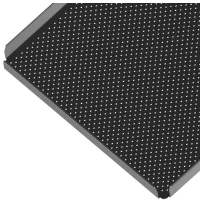
Ingredients - number of portions - 10		
Name	Value	Unit
beetroot	500	g
sand (cleaned and sterilized)	2	kg
protein	6	pcs
potato starch	40	g
fresh thyme	14	g
sesame oil	30	g
cabbage leaves, cleaned	850	g
brown sugar	10	g
pepper cuvée	1	g
sea-salt	6	g
carrot	600	g
carrot juice	100	ml
turnip weed	10	g
butter soft	20	g
beetroot	600	g
beetroot juice	600	g

Directions
Beetroot baked in sand: Beat egg whites, then fold in the starch and mix with the sand. Place some sand on a baking sheet lined with baking paper (use baking paper, as the coarse sand can damage the baking sheet). Place thyme (10 g) on top and place the oiled beetroot on top, cover with the remaining sand and bake in the combi steamer at 190°C in hot air mode with 80% fan speed for 45 minutes. After baking, cut into the sand crust and remove the beetroot from the crust, peel carefully and serve. Onion ash: Lay the vegetable onion slices side by side on a perforated baking sheet and cover with another perforated baking sheet. Then bake in the combi steamer for 25 minutes in the hot air mode at 200°C and 60% fan speed, then turn and bake for another 25 minutes with the same settings and the steam vent open. Remove the burnt black onion slices from the combi steamer, allow to cool. After cooling, process the onions with brown sugar (10 g), pepper (1 g) and sea salt (2 g) in a blender to ash. Sous-vide finger carrots: 600 g finger carrots, 100 ml carrot juice, 5 g beet syrup, 2 g thyme, 2 g

pepper white whole	0.6	g
caraway seeds	0.5	g
agar agar	5	g
mango pulp	200	g
cream cheese	100	g
ginger paste	2	g
gelatin	2	pcs
whipped cream 33%	70	g
sage	25	pcs

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	242 kJ
Carbohydrate	20.6 g
Fat	21 g
Protein	5.7 g
Water	0 g

sea salt and 10 g butter - vacuum seal everything together and sous-vide cook for 4 hours at 68°C, then remove from the combi steamer and place in a sieve, catching the juice and keeping warm. Sous-vide beetroot: 600 g peeled and sliced beetroot, 100 g beetroot juice, 5 g beet syrup, 2 g sea salt, 2 g fresh thyme and 10 g butter - vacuum seal together and sous-vide cook for 4 hours at 68°C, then remove from the combi steamer and place in a sieve to catch the juice. Gel from beetroot: 0.5 g ground cumin, 0.5 g white pepper, 5 g sea salt, agar-agar and 350 ml beetroot juice in a pot, stirring until no lumps remain, bring to a boil and let simmer for about 3 minutes, then cover directly with film (to prevent skin formation) and chill. After cooling, blend with the remaining beetroot juice (150 ml) in a high-performance blender for about 8 minutes. Mango mousse with ginger: Whip cream to 90% stiff. Soak gelatin in cold water, then dissolve in warm carrot juice (100 ml) after soaking. Whip 100 g cream cheese and slowly fold into the carrot juice, add mango puree (200 g), ginger puree (2 g) and white pepper (0.1 g), then fold in the cream (70 g), season and chill. To serve, scoop with a warm spoon into quenelles. Decorate with 20-30 sage leaves.

Recommended accessories	
 Vision Bake	 Perforated aluminium sheet, teflon coated