

Supermelt hits Hokkaido

Cuisine: **German**Food category: **Vegetarian dishes**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

Program steps

| | |
|---|--|
| 1 | Kohlrabibalken Sous-vide |
| | <div> Steaming </div> <div> Termination by time </div> <div> 10:00 hh:mm </div> <div> 99 °C </div> <div> 50 % </div> <div> </div> |
| 2 | Zwiebelasche |
| | <div> Hot air </div> <div> 0 % </div> <div> Termination by time </div> <div> 00:50 hh:mm </div> <div> 200 °C </div> <div> 60 % </div> <div> </div> |
| 3 | Kürbismousse |
| | <div> Steaming </div> <div> Termination by time </div> <div> 00:50 hh:mm </div> <div> 85 °C </div> <div> 50 % </div> <div> </div> |

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 |
| full 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 |
| granulated sugar | 30 | g |
| port wine | 120 | ml |
| lime zest | 1 | g |
| cinnamon | 0.3 | g |
| bay leaf | 0.5 | pcs |
| orange peel | 2 | g |

Directions

Kohlrabi beams cooked for 10 hours with quinoa, pumpkin mousse, onion ash and pickled wild berries.

Kohlrabi:

Peel the kohlrabi thinly, then cut the largest possible square out of the middle, which can be divided into 2 cm. Then cut the cuboid into 2 cm thick square bars.

Citrus vinaigrette:

For the vinaigrette, mix the vinegars, orange juice, garlic, agave syrup, lime and lemon juice as well as mustard, pepper, sea salt and grape seed oil into an emulsified dressing (first mix everything finely, then add the oil in a thin stream so that it combines and a creamy sauce).

Vacuum seal the super melting kohlrabi bars with the citrus vinaigrette and cook overnight using program step 1.

Onion ash:

Peel the onion, remove the stalk and peel apart the halved onion, then let it burn in a controlled manner in the combi steamer as described in step 2, then grind with the brown sugar and white pepper.

Tip:

Since the onion loses a lot of weight, it is recommended to use two coated frying baskets as a kind of "frying basket" by placing one basket on top of the other as a lid. This prevents the light onion leaves from being swirled around by the fan in the cooking space.

Pumpkin mousse:

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

Nutrition and allergens

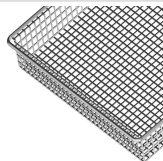
Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

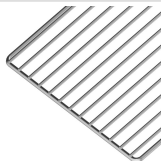
Vitamins: A, B, C, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|---------|
| Energy | 93.9 kJ |
| Carbohydrate | 13 g |
| Fat | 3.1 g |
| Protein | 2.2 g |
| Water | 0 g |

Recommended accessories



Vision Frit



Stainless wire shelving

Marinated wild berries:

Vacuum pack the berries with the sugar, port wine, lime zest, cinnamon, bay leaf and orange zest and leave to marinate overnight.

Serving suggestion:

Spread the kohlrabi with light cream cheese on top and press it into popped quinoa.

Arrange a layer of pumpkin mousse on a thin strip of onion ash, some fresh dill and chervil. Arrange the berries finely on the plate.