

Supermelt hits 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

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

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

Recommended accessories

 <p>Vision Frit</p>	 <p>Stainless wire shelving</p>
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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.

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.