

Sand beets on mango mousse


































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



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Program steps

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

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 the egg whites, then fold in the starch and mix with the sand. Place some sand on a baking tray lined with baking paper (use baking paper, otherwise the baking tray could be damaged by the coarse sand). Place thyme (10 g) on top and place the oil-coated 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: Place the vegetable onion leaves next to each other on a perforated tray and cover with another perforated tray. Then bake in the combi steamer for 25 minutes in hot air mode at 200°C and 60% fan speed, then turn and bake for another 25 minutes with the same setting and the steam flap open. Remove the burnt black onion leaves from the combi steamer and 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.

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

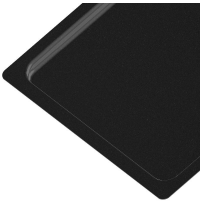
Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	242 kJ
Carbohydrate	20.6 g
Fat	21 g
Protein	5.7 g
Water	0 g

Sous-vide finger carrot: 600 g finger carrots, 100 ml carrot juice, 5 g turnip greens, 2 g thyme, 2 g sea salt and 10 g butter - vacuum seal everything together and cook sous-vide for 4 hours at 68°C, then remove from the combi steamer and put it in a sieve, collecting the juice and keeping it warm.

Sous-vide beetroot: 600 g peeled and chopped beetroot, 100 g beetroot juice, 5 g beetroot, 2 g sea salt, 2 g fresh thyme and 10 g butter - vacuum seal together and cook sous-vide for 4 hours at 68°C , then remove it from the combi steamer and place it in a sieve to collect the juice.

Beetroot gel: Mix 0.5 g ground caraway seeds, 0.5 g white pepper, 5 g sea salt, agar agar and 350 ml beetroot juice in a pot so that there are no lumps left, bring everything to the boil and leave for about 3 minutes Let it simmer, then cover immediately with foil (so that no skin forms) and chill. After cooling, mix with the remaining beetroot juice (150 ml) in a high-performance blender for approx. 8 minutes.

Mango mousse with ginger: Whip the cream until stiff. Soak the gelatine in cold water and after soaking dissolve it in the warm carrot juice (100 ml). Beat 100 g of cream cheese and slowly work it into the carrot juice, add the mango pulp (200 g), ginger puree (2 g) and white pepper (0.1 g) and then fold in the cream (70 g), season to taste and chill. To serve, twist off the dumplings with a warm spoon. Decorate with 20-30 sage leaves.

Recommended accessories	
 <p>Vision Bake</p>	 <p>Perforated aluminium sheet, teflon coated</p>