

Dixi salad with pulled mushroom

Cuisine: German

Food category: Vegan dishes



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Program steps


Preheating: 85 °C

1


Babymais souvide



Steaming




Termination by time




00:45

hh:mm




85

°C




50

%




2

Pulled mushroom




Combination




25

%




Termination by time




00:03

hh:mm




225

°C




70

%




3

Pulled mushroom - wenden




Combination




25

%




Termination by time




00:03

hh:mm




225

°C




70

%




4

Pulled mushroom - event. nochmal anbraten




Combination




25

%




Termination by time




00:03

hh:mm




225

°C



70

%



Ingredients - number of portions - 4

Name	Value	Unit
coconut oil	60	ml

Name	Value	Unit
baby corn	200	g
turmeric	1	pcs
sea-salt	2	g
ground white pepper	0.5	g

Name	Value	Unit
wildflower salad	120	g
vegan mayonnaise	20	g
vegan creme fraiche	40	g
lime juice	6	ml
garlic	2	g
sea-salt	1	g
fresh chili	1	g

Name	Value	Unit
baby corn	200	g
cherry tomatoes	200	g
red onion	50	g
spring garlic	50	g
lime juice	8	ml
walnut oil	20	ml

Directions

Baby corn: Vacuum everything together and cook sous vide in the combi steamer at 85°C in steam mode for 45 minutes, then pack in the vacuum bag.

Marinate baby corn: Put everything together in a bowl and let it marinate well.

Wildflower salad: Mix everything well in a bowl.

Oyster mushrooms: Put everything in a bowl and let marinate overnight. The next day, strain through a sieve and allow to drain slightly. Preheat the combi steamer with an inspected GN container in combi steam mode at 225°C, 25% humidity and 70% fan speed. Then add the coconut oil and the marinated oyster mushrooms and fry for 3 minutes, turn and fry again for 3 minutes, turn depending on the desired crispiness and fry again for 3 minutes.

Then serve the salad with the marinated baby corn and tomato mixture and the plucked, fried mushrooms.

Name	Value	Unit
brown sugar	2	g
sea-salt	4	g
ground black pepper, ground	1	g

Name	Value	Unit
oyster mushroom	500	g
vegan bbq sauce	120	ml
pear vinegar	120	ml
vegan soy sauce	60	ml
worcester	60	ml
mild mustard	40	g
coarse grain mustard	10	g
cloves garlic, finely chopped	2	pcs
assam long pepper	3	g
arrabica coffee	20	ml

Nutrition and allergens	
Allergens: 10 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn Vitamins: A, B, B6, C, E, K	
Nutritional value of one portion	Value
Energy	233 kJ
Carbohydrate	33.3 g
Fat	8.1 g
Protein	9.5 g
Water	0 g