

HEIRLOOM CRUDITIÉS



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

HEIRLOOM CRUDITIÉS

Heirloom Carrots

- 3 heirloom carrots in different colours, blanched and peeled

Beetroot Dust

- 1 beetroot, sliced and fried till crisp
- 1 cup garlic crumbs (cooked in butter)

Black Sesame Dust

- 2 tbsp black sesame
- ¼ tsp cumin
- 1/8 tsp cayenne pepper



- ½ tsp salt

Nettle Dust

- A handful of nettle leaves

Sherry Butter

- 100g mascarpone whipped
- 50g unsalted butter
- 10ml sherry vinegar
- Salt and pepper

Garnish

- Red radish, sliced
- Red elk

Methods and Directions

HEIRLOOM CRUDITIÉS

Beetroot Dust

- Pound fry beetroot and crumb till smooth.

Black Sesame Dust

- Pound till smooth in mortar with a pestle.

Nettle Dust

- Blanch in boiling water. Add in the egg and the rest of the ingredients.
- Refresh and leave to dry for 5 hours in a warm dry place.
- Pound till smooth.

Sherry Butter

- Whip butter and mascarpone, add sherry vinegar and salt and pepper.
- Slice red radish.

