

THE OUTBACK



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Salt-crust baked beetroots served with whipped goat's curd with Chardonnay vinegar and macadamia, beetroot and rye sand.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

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Ingredients for Salt-Crust Baked Beetroot

- 500g Plain Flour
- 400g Water
- 200g Murray River Pink Salt, finely ground
- 2 sprigs Thyme
- 5 twists Black Pepper
- 50ml Pepper Berry Vinegar

Ingredients for Whipped Goat's Curd

- 100gm Fresh Goat's Curd
- 4tsp. Double Cream
- 1tsp. Chardonnay Vinegar
- 2 twists White Pepper



Ingredients for Macadamia, Beetroot And Rye Sand

- 100g Roasted Macadamia, coarsely chopped
- 100g Air-Dried Beetroot Powder
- 100g Toasted Rye Bread, coarsely chopped

Methods and Directions

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Salt-Crust Baked Beetroot Method

- Preheat the oven to 200°C.
- Gently clean the beetroot by scraping with a small knife; do not peel them.
- Mix all the salt crust ingredients together in a large bowl to form a paste.
- Roll this paste out on a floured surface, then wrap each beetroot up in some of the paste; push the edges together to seal it.
- Lay the wrapped beetroot on a baking tray, and bake for 45 minutes–1 hour until cooked, set them aside to cool.
- When the beetroot are cool to the touch, break all the paste open and take them out; they should be cooked but still firm to your touch.
- Take the skins off carefully.
- Marinate in pepper berry vinegar.

Whipped Goat's Curd Method

- Whip the goat's curd ingredients together in a large bowl until smooth. Store in a piping bag with a 1cm plain nozzle, put the bag in a dish and chill it in the fridge.

Macadamia, Beetroot And Rye Sand Method

- Mix all ingredients together, then season to taste.