



Eel & beetroot



To prepare the steamed baby beetroot

Wash the baby beetroot. Cook in the steam cooker at 95 °C for 2 hours. Season with salt and allow to cool slightly. Reduce the cherry vinegar to half the amount and liquidize with the rapeseed oil. Cut the beetroot in half, brush with the cherry glaze and season with fleur de sel.

To prepare the smoked eel

Skin the smoked eel, if necessary, and discard any easily removable bones. Portion up and scorch the fatty side with a blowtorch to create a wonderful roasted flavour. The heat will also release the oil from the eel. Keep the portions of eel and the resulting eel oil warm.

Rezept für 5

Ingredients for the steamed baby beetroot

5 baby beetroot
50 ml cherry vinegar
10 ml rapeseed oil
Salt

Ingredients for the smoked eel

400 g smoked eel

Ingredients for the beetroot puree

3 beetroot
2 l water
1 red onion
300 ml white wine
300 ml cream
50 g butter
Salt

Ingredients for the horseradish sauce

2 shallots
15 g rapeseed oil
200 ml vegetable stock
200 g horseradish
50 g cream
50 g milk
50 g grapeseed oil
50 g cider vinegar
50 g crème fraîche
Salt

Ingredients for the radish

1 radish
Fleur de sel

**To prepare the beetroot puree**

Finely dice the red onion and sauté in a pan with butter. Add salt to taste. Pour in the white wine and reduce. Add the cream and reduce to 1/5 of the amount. Peel the beetroot and chop evenly into cubes. Boil the beetroot cubes in lightly salted water until soft. Once almost all the water has evaporated, puree the soft beetroot and the cream reduction in the pan. Season again with salt to taste.

To prepare the horseradish sauce

Juice the horseradish. Finely dice the shallots and sauté in a pan with a dash of rapeseed oil. Top up with the horseradish juice, stock, milk and cream. Simmer for 20 mins. Season to taste and finish with the grapeseed oil and crème fraîche.

To prepare the radish

Peel and thinly slice the radish Julienne-style. Place precisely and season with a little fleur de sel and freshly grated horseradish.