



Salsify



To prepare the salt-crusted salsify

Wash the salsify thoroughly, do not peel. Brush with oil. Mix the salt with the egg whites. Beat for approx. 1 min. with a wooden spoon until the mixture is smooth and a little fluffy. Preheat the oven to 200 °C. Divide just under half of the salt mixture into 5 portions and place on a baking tray lined with baking paper. Place the salsify on top and cover completely with the remainder of the salt mixture. Gently press down the mixture. Bake in the oven for 40-45 mins. Break open the salt crust and remove the salsify. Brush off the rest of the salt and cut in half. Brush with the oat milk & whey caramel and sprinkle with the sunflower seeds.

To prepare the oat crumble

Bring the oats to the boil. Drain and dry. Deep-fry in the vegetable oil at 190 °C. Drain on kitchen paper and season with salt. Add the dried flowers.

To prepare the oat milk & whey caramel

Reduce the whey and oat milk to 1/5, add the chilli paste.

Rezept für 5

Ingredients for the salt-crusted salsify

5 medium salsify
Rapeseed oil (for glazing)
1 kg salt
3 egg whites
Sunflower seeds

Ingredients for the oat crumble

100 g rolled oats
500 g vegetable oil (for deep-frying)
2 g dried edible flowers
Salt

Ingredients for the oat milk & whey caramel

500 ml oat milk
500 ml natural whey
5 g chilli paste (Habanero)

Ingredients for the pickled red onions & nasturtium flowers

100 g baby onions
20 nasturtium flowers
100 g cider vinegar
50 g water
50 g sugar



To prepare the pickled red onions & nasturtium flowers

Peel and halve the onions, cut into slices. Vacuum-pack for 2 weeks together with the remaining ingredients. Remove from the liquid and drain well.

To prepare the vegetable jus

Chop the salsify, carrots, celery and beetroot evenly into cubes. Roast in the oven at 180 °C for 45 mins. Dice the onions and garlic, sauté in the pan. Add the leek and tomato paste, cook briefly. Pour in the red wine and reduce. Add the roasted vegetables and top up with water. Simmer for 3 hours. Pass through a fine sieve. Finely chop the mushrooms and add to the pan. Add the herbs and spices. Simmer for a further hour. Pass through a fine sieve and reduce to the desired amount and flavour. Season with a little salt, if necessary.

To prepare the roasted vegetable chips

To make the vegetable chips, blitz the strained vegetables left over from making the vegetable jus, spread thinly, dry in the oven at 60 °C for 12 hours and then deep-fry in sunflower oil at 165 °C.

Ingredients for the vegetable jus (approx. 1 l)

1 kg salsify
1 kg carrots
500 g onions
4 garlic cloves
500 g celery
500 g beetroot
300 g leek
50 g tomato paste
500 ml red wine
10 l water
1 kg mushrooms
1 bunch of parsley
1 bunch of dill
1 bunch of lovage
5 bay leaves
2 g dill seeds
2 g celery seeds
2 g star anise
Salt

Ingredients for the roasted vegetable chips

300 g vegetables from the vegetable jus
1 l sunflower oil