



White Beetroot, Banana, Curry



Rezept für 4

Ingredients

3 medium-sized white
beetroots
3 bananas
1 red grapefruit
350 ml vegetable stock
Curry powder (fruity, mild)
2 lime leaves
2 limes
1 shallot
Fresh ginger
Fresh coriander
Salt
Honey



Preparing

Wash the beetroots well and wrap in aluminium foil with coarse sea salt. Now place the beetroots on salt and cook in the Combi-Steam MSLQ at Hot Air 185 degrees for approx. 1 hour 20 minutes. Allow to cool briefly after cooking and peel. Then roughly mash half of the white beetroots using a fork. Season the mashed beetroot with a little salt, pepper and lime zest. Dice the other half into medium-sized cubes. Fry them and season with a little salt. Peel the grapefruit and separate the individual segments. Collect the juice and allow the segments to drip from a sieve. Peel the bananas, roughly chop 2 bananas and bring to the boil with the vegetable stock. Add the lime leaves, fresh ginger and curry powder according to taste. Now allow the whole mixture to gently simmer for approx. 1 hour over a gentle heat and then strain. Season to taste with salt, lime juice and a little grapefruit juice, as well as some honey if required. Finely dice the last banana, mix with the finely sliced grapefruit segments and fold in the roughly chopped coriander, add a little juice and olive oil. Serve the mashed beetroot in the centre of the plate. Distribute the diced beetroot as well as the Grapefruit and banana vinaigrette. Pour on the curry sauce and garnish with fresh coriander.

Anrichten

Cooking level

With Preheat

80 minutes | Hot Air setting at 185 °C