

# MINUS8



## Sous-Vide Parsley Root –

1 bunch Parsley Root  
1 tbsp Minus 8 Veget8 Vinegar  
1 tsp Butter  
Salt to taste

Clean and peel your parsley root. Cut down to a uniform one-bite size. Shape is up to you. Place in your sous-vide bag ensuring everything is flat in the bag and nothing is overlapping. Add in the vinegar, butter and salt. Place in an immersion circulator for 65 minutes at 87°C. Using this method allows you to simultaneously infuse the parsley root with the Veget8 flavour and acidity while ensuring the vegetable isn't overcooked at all. One important thing to note, is **IF YOU ARE NOT PLANNING TO IMMEDIATELY EAT THE PARSLEY ROOT, IT NEEDS TO BE COOLED DOWN IN AN ICE BATH AND KEPT STORED IN THE BAG UNTIL USED.**



## **Charred Leeks –**

**1 Leek**

1 tbsp Oil, sunflower

Salt and Pepper

Clean and peel your leek until it runs clean under water. Slice your leeks into coins no thicker than an inch. Heat up a pan (we chose cast iron) with oil, season your leeks and place your leeks flat side down. The leeks will be cooking through completely on one side when you see the base of the leek starting to blacken, transfer to an oven at 350°F and cook for 5-7 minutes. Remove from pan carefully to ensure the coins stay together and don't fall apart.



## **Roasted YellowFoot Mushrooms –**

½ lbs. Yellowfoot Mushrooms

½ Shallot

2 cloves Garlic

1 tsp Butter

1 tsp Oil

## Salt & Pepper

Brush mushrooms to ensure there is no more dirt hiding within. Pre-heat a pan over medium heat with oil. Finely chop both shallots and garlic. Add shallots to pan and toss. Add Garlic followed by mushrooms. Saute for 2 minutes and add butter to the pan and continue tossing until cooked through. Adjust seasoning.



## White Asparagus Tips –

Tips from earlier prep.

1 tsp            Butter  
1 Pinch        Crushed coriander seed  
Salt

Pre-heat a pan on medium heat and add butter to the pan. Toss Asparagus tips in butter until cooked through. Adjust seasoning and serve.