

MINUS8



Chef Tony Conte's Beetroot with Passion Fruit Gelée, Horseradish and Minus 8 Vinegar Dressing

Serves 1

Ingredients

Beetroot

8 baby golden beetroot

8 baby red beetroot

8 baby candy striped beetroot

35ml olive oil, plus more as needed

3 sprigs thyme

1 sprig sage

2g salt, plus more as needed

1g white pepper, medium ground, plus more as needed

70ml red wine vinegar

150ml champagne vinegar

Passion fruit gelée

1kg passion fruit, puréed

17 sheets gelatin, soaked in ice water and squeezed

Minus 8 dressing

55ml Minus 8 vinegar

90g shallots, peeled and finely diced

45ml cassis vinegar

3g fresh thyme leaves, coarsely chopped

1g salt

30ml olive oil

To assemble and serve

Micro rocket leaves

Micro mustard leaves

Edible violets

Horseradish, grated

Edible nasturtium flowers, torn

Method:

For the beetroot:

Put each colour beetroot in a separate pressure cooker, or do in three batches. Season each with the olive oil, thyme, sage, salt, and white pepper. Add the red wine vinegar to the red beetroot and the champagne vinegar to the golden and candy stripe beets.

Cook on high pressure for three minutes. Release pressure and check if it is done. Remove from the pressure cooker and allow to cool to room temperature. Rub the skins off the beets, being careful not to tear off the root ends. Toss separately in a bowl with olive oil, salt and white pepper.

For the passion fruit gelée:

Melt the passion fruit purée over medium heat. Whisk in the gelatin. Pour out into a half service pan. Allow to set and dice.

For the Minus 8 dressing:

Combine the shallots, vinegars, thyme, and salt. Stand for 30 minutes. Finish with the oil and check for seasoning.

To assemble and serve:

Place a line of six beetroot on a plate, alternating colours. Place passion fruit gelée alongside the beetroot and drizzle with the Minus 8 dressing. Garnish with micro rocket, micro mustard, horseradish, edible violets and torn nasturtium flowers.