

PROVA
Gourmet



Vegetable cookpot & crushed nuts

by

ED

ÉCOLE DUCASSE

MASTER MORE THAN COOKING

Vegetable cookpot & crushed nuts



INGREDIENTS

For 10 portions

VEGETABLE JUICE

- 300 g Carrots
- 300 g Celery stalks
- 150 g Celery root
- 300 g Turnips
- 100 g Lemon
- 10 g Dried fennel
- 10 g Pink garlic
- 50 ml Olive oil
- 50 g Butter
- QS Mineral water
- QS Fine salt

VANILLA PEANUT CRUST

- 140 g Peanuts in their shells
- 350 ml Water
- 400 g Flour
- 15 g **Caviani - Prova Gourmet**
- QS Egg yolks

PEANUT CONDIMENT

- 150 g Peanuts
- 50 ml Sake
- 50 ml White poultry stock
- 10 ml Barolo vinegar
- 20 g Wholegrain mustard
- QS Espelette pepper
- QS Fine salt

VEGETABLES

- 1/2 bch Multicolored radishes
- 1 bch Small iceberg turnips
- 1 bch Mini orange carrots with tops
- 1 bch Mini parsnip
- 1 bch Mini yellow carrots with tops
- 1 bch Mini purple carrots with tops
- 1/2 bch Spring onions
- 10 pcs Mini celery
- 200 ml Olive oil
- QS Mineral water
- QS Fine salt

FINISHING

- 1 pcs Lemon caviar
- 1/4 pack Mustard sprouts
- 1/4 pack Celery leaves
- 1/4 pack Oxalis
- 1/4 pack Wild sorrel sprouts
- QS Fleur de sel
- QS Freshly ground pepper
- QS **Vanilla pearls**
- Prova Gourmet

bch : bunch



Vegetable cookpot & crushed nuts



PREPARATION

For 10 portions

VEGETABLE JUICE

Prepare each vegetable as needed. Squeeze the lemon and collect the juice. Juice half of the vegetables to collect their juice. Finely chop the remaining vegetables. Cut the garlic clove into pieces. Heat the olive oil and butter in a casserole dish. Sweat the finely chopped vegetables, garlic clove, and fennel stick for 10 minutes, covered. Add the juiced liquid. Add a little mineral water if necessary. Simmer for 20 minutes. When cooked, strain through a fine sieve, pressing down firmly. Add a dash of lemon juice. Season with salt and freshly ground pepper. Cool quickly in the refrigerator and set aside.

VEGETABLES

Prepare each vegetable as follows. Remove the tops from the radishes, carrots, and turnips. Keep the carrots whole. Cut the tops 1 cm from the base. Turn the turnips. Cut the tops 1 cm from the base. Cut in half lengthwise. Cut the celery into thick slices. Remove the first layer of skin from the spring onions and wash them. Cut off the roots flush with the top. Cut the tops off the multicolored radishes 1 cm from the root, leaving them whole. In a casserole dish, cook the vegetables separately in a little mineral water. Except for the mini celery. Once cooked, cool in the refrigerator and set aside to serve.

PEANUT CRUST VANILLA

Make a vanilla crust by mixing all the ingredients together. Bake the celery in this crust for 30 minutes at 180°C. Once cooked, leave to rest for 30 minutes before opening.

PEANUT CONDIMENT

Make a vanilla crust by mixing all the ingredients together. Bake the celery in this crust for 30 minutes at 180°C. Once cooked, leave to rest for 30 minutes before opening. Crush the remaining peanuts in a Japanese mortar. Add the whole grain mustard and sake. Lightly loosen the white base to promote emulsion, then whisk in the olive oil.

DRESSING & FINISHING

Sort, trim, remove leaves, and wash all celery shoots, tops, and leaves. Cut the lemon caviar in half to release its pulp. Set aside in a cool place for plating. Lightly warm the vegetables in their cooking juices. Warm the vegetable juice. Arrange the condiment in a bed at the bottom of each cookpot. Arrange the vegetables harmoniously on top. Add the wilted Swiss chard and greens on top. Add the fresh greens, shoots, and leaves. Sprinkle the lemon caviar seeds over the vegetables. Finely grate. Drizzle with vegetable juice, taking care to add the vanilla seeds to the juice at the last moment.

