PROVA Gourmet

Vegetable cookpot & crushed nuts

by

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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

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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

Preheat the oven to +130°C. Place half the peanuts on a non-stick baking tray and roast them in the oven for 15 minutes. Once roasted, leave them to cool to room temperature. Set aside one roasted peanut for the finishing touch. Crush the remaining peanuts in a Japanese mortar. Add the wholegrain mustard and sake. Thin slightly with white stock to help the emulsion form, 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 pearls to the juice at the last moment.