

Author: Stefan Glantschnig



Ingredients

Venison heart (sous vide):

2 venison hearts
250 g brown butter
1 sprig of thyme
½ garlic bulb
1 allspice berry
Salt
Pepper

Shrimp tartar:

1000 g shrimps
50 g Chicken Chilli Sauce (strained)
10 g pink pepper
15 g Assam pepper
20 ml lemon oil
30 g ginger (peeled and chopped)
Salt

Beta-sweet carrots (Succowell):

1000 g carrots (cuttings)
500 ml carrot juice

Beta-sweet carrots (raw):

5 carrots
20 ml lemon oil
10 ml vinegar
Salt
Sugar (to taste)

Beta-sweet carrots (braised & sauce):

500 g short carrots
500 ml Succowell (prepared: beta-sweet carrot - Succowell)
50 ml vinegar
2 bay leaves

Preparation

Venison heart (sous vide):

Remove the veins and tendons and put the venison hearts into a vacuum bag together with the brown butter, thyme, allspice and garlic. Cook in the **fusionchef** sous vide water bath at 62.5 °C for 90 minutes. Put into the Hold-o-mat. Before serving, take the hearts out of the vacuum bag, drain the butter and sear. Season with salt.

Shrimp tartar:

Shell the shrimps, chop fine with a sharp knife and put into a bowl. Add the strained Chicken Chilli Sauce and stir in the remaining ingredients. Mix everything well and carefully.

Beta-sweet carrots (juice):

Peel the carrots and juice with the Succowell machine. Add a dash of carrot juice from time to time until all the juice is used up. Then put the juice in the fridge.

Beta-sweet carrots (raw):

Cut the carrots lengthwise using the slicer (thickness 1-2 mm). Place half of the slices onto a tray, brush with salt, sugar, lemon oil and vinegar and marinate for half an hour at room temperature. Cut the other half of the carrots into fine julienne and wrap up in the slices.

Beta-sweet carrots (braised & sauce):

Put the peeled carrots into a saucepan with hot oil and fry lightly on all sides. Add the peeled shallots and the degermed garlic and sauté. Cook the shallots and garlic until done. Then add the spices and fill up with the Succowell.

Cook the stock until the carrots are done (about 10 minutes). Put the carrots aside. Strain the stock through an etamine cloth, thicken with Basic Textur and refine with vinegar.

Pear mustard:

Peel the pears and cook in a saucepan with some water until tender. Then finely puree in the Thermomix. Add the Haco Weiß and some lemon juice to taste. Finally, add two drops of mustard essence (be careful, it's very strong!). Mix again and fill

2 juniper berries
3 allspice berries
1 star anise
50 g garlic
2 shallots
10 g Basic Textur texturiser
Salt
Lemon juice

Pear mustard:

600 g pears
10 g lemon juice
3 g Haco Weiß
2 drops mustard essence
Some water

Flambéed pears:

5 pears
1 cl lemon juice
Salt
Pepper

Assam pepper beads:

250 ml soda
125 g flour
20 g Assam pepper
Cuttlefish ink

into a dash bottle.

Flambéed pears:

Peel the pears and remove the core. Cut lengthwise into pieces of equal size. Add lemon juice, salt and pepper and dry in the dehydrator for 5 minutes. Then evenly flambé the pears with a Bunsen burner.

Assam pepper beads:

Mix all ingredients and pass through a fine paper filter. Then fill the mixture into a pastry bag and deep-fry the beads in oil heated to 180 °C. Drain any excess oil on a paper towel under the heat lamp.

Recipe courtesy of Stefan Glantschnig (3rd qualifying round JUNGE WILDE 2015 / starter).