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**Cooking time:** 48 hours 40 minutes



## Ingredients

### Beef cheek (sous vide):

4 beef cheek  
10 g powdered konbu  
4 vacuum bags

### Beetroot puree:

1.3 kilo beetroot  
100 ml extra virgin olive oil  
300 g Greek yogurt  
100 ml sherry vinegar  
Salt & pepper to taste

### Red wine and beet Quinoa:

500 g Quinoa  
500 ml red wine  
500 ml fresh beet juice  
100 ml sherry vinegar  
3 bay leaf  
6 cloves garlic  
5 sprigs thyme

### Baby Beetroot (sous vide):

20 baby beets  
100 ml beet juice  
50 ml sherry vinegar  
2 sprigs of thyme  
1 clove garlic  
1 shallot  
1 bay leaf  
3 cloves  
3 juniper berries  
2 g salt  
10 g sugar

### Smoked yogurt:

## Preparation

### Beef cheek (sous vide):

Remove the cheeks from the original packaging and pat dry with paper towel to remove excess blood, allow to air dry in the cool room over night. Season the cheeks with the konbu and vacuum on the highest setting.

Drop the cheeks into the *fusionchef* and cook sous vide at 72 °C for 48 hours.

It is best to use the fusion chef lid on the bath to slow down the evaporation of the tanks water, when cooking for this period of time you must remember to top up the water when needed.

Once cooked remove from the bath and blast chill to 4 °C with in a period of 35 minute's.

The cheek will now have a preserved shelf life of up to 4 weeks.

### Beetroot puree:

Start by cutting the beets in half and seasoning with olive oil, salt and pepper.

Place the beets in a tin foil bag and place on a tray line with salt and bake in the oven at 150 °C for 3 hours or until tender checking every 15 minutes after the first 1.5 hours.

Once tender allow to cool and skin the beets, whilst still warm place in the thermo-mix and blend on high speed till smooth, add the yoghurt and vinegar and continue to blend, season to taste and depending on the moisture content of the beets you may need to gel a little with some ultra-tex 4 to give a little more body to the puree.

### Red wine and beet Quinoa:

Start by washing the Quinoa in cold running water for 1 hour. Bring al other ingredients to a light simmer. Add the Quinoa and allow to cook until just al-dente Remove and cool on trays uncovered for half a day. To serve just sauté with a little oil and deglaze with sherry vinegar.

### Baby Beetroot (sous vide):

Place all in a vacuum bag and cook sous vide at 85 °C for 40 minutes or until just

1 kg yogurt  
1 clove crushed garlic  
80 ml olive oil  
Salt + pepper  
Ultra – Tex 4  
50 g Hickory wood chips

tender remove and chill in the bag.

To serve open bag and strain through a muslin cloth, take 50 % beet liquid and cut it with 50 % veal jus, bring to a simmer and season to taste, add the baby beets and warm through to serve.

**Smoked yogurt:**

Cold smoke the yogurt over the wood for 3 minutes in a shallow gastronome tray. Remove and place in the thermo mix on high speed and season to taste add a little ultra – tex 4 to form a smooth fluid gel, store in a sauce bottle for service.

**Notes:**

We garnish with freeze dried Raspberry's and micro red vein sorrel.

This recipe was generously provided by Ryan Clift.