

# Beetroot sous vide with tofu and cranberry

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## Ingredients

### Beetroot sorbet:

150 g beetroot juice  
100 g cranberry puree  
50 g treacle  
50 g beetroot juice reduction  
25 g dextrose powder  
25 g glucose powder  
2 g sorbet stabilizer  
100 g redcurrant  
100 g raspberry  
100 g cooked beetroot  
70 g lime juice  
lime zest  
10 g white rum (37.5%)

### Cranberries (sous vide):

2800 g fresh lemon zest  
1400 g sugar  
2100 g water  
12 g salt  
1 vanilla bean  
14 strips of orange peel  
14 strips of lemon peel  
10 vacuum bags  
400 g cranberries  
480 g stock (see above for recipe)

### Raspberry juice (sous vide):

2500 g raspberries (frozen)  
125 g sugar

### Beetroot corners (sous vide):

400 g beetroot juice (pressed)  
300 g beetroot juice  
2 g salt

## Preparation

### Beetroot sorbet:

Warm up the beetroot juice, cranberry puree, treacle and beetroot reduction. Mix the dextrose powder and glucose powder with the stabilizer then bring to the boil. Add to the berries and then mix. Finally, add the remaining ingredients and puree. Add to the Paco Jet container and freeze. Pacotize approx 2 hours before serving.

### Cranberries (sous vide):

Wash the cranberries then prick each twice with a toothpick. Add the sugar to a pan and cook into a light caramel. Then douse with water. Add the remaining ingredients and leave the stock to cool. After that divide between 10 vacuum bags: Each with 400 g cranberries and 480 g stock and vacuum to 100 %. Cook at 80 °C in the **fusionchef** water bath for 90 minutes sous vide. Store the bags like Weck glasses at room temperature.

### Raspberry juice (sous vide):

Vacuum the raspberries and sugar and cook Sous Vide for 2 hours at 70 °C in the **fusionchef** water bath. Sieve through a muslin cloth. The juice that is produced can be frozen, stored and used for the next recipe.

### Beetroot corners (sous vide):

Peel the beetroot and use an olive pitter to press out round pearls. Extract the juice from the remaining beets in a juicer. Add the juice to one vacuum bag respectively. Add salt and sugar. Then vacuum and cook for 2 hours sous vide at 90 °C in the **fusionchef** water bath. Store the bags like Weck glasses at room temperature.

Drain the beetroot before use and add 150 g raspberry juice and 150 g cranberry juice to the 400 g of vacuum cooked beetroot. Vacuum in the same bag without the beetroot juice and allow to infuse for 24 hours. This should be used within two days.

### Tofu foam:

Bring the above mentioned ingredients to the boil and simmer for one minute. Leave to cool and mix the resulting jello until smooth in a Thermomix. Puree and add to the ISI syphon, load two NO2 cartridges. Prepare all the components as shown in the diagram.

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20 g sugar

**Tofu foam:**

300 g coconut milk

50 g water

85 g honey

8 g agar

400 g silken tofu

20g fermented tofu

lime zest

50 g lemon, lime juice

1 g salt

This recipe was kindly provided by Fabian Vandrey.

Photo credit: Maximilian Carlo Schmidt