

Crunchy Rib Fingers BBQ Style Sous Vide

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Ingredients

Braised Rib Fingers:

1 kg rib fingers
3 carrots
1/2 celery
2 onions
1 tbsp. tomato puree
300 ml red wine
Water
Bay leaf
Juniper berries
Peppercorns
5 red pointed peppers, braised
5 dried tomatoes
2 scallions
60 ml soy sauce
30 ml balsamic vinegar
150 ml cola
Salt/sugar as required
Thyme, rosemary, and marjoram as required

Potato Slices (Sous Vide):

6 waxy potatoes
100 g brown butter
Salt

Pea Cream:

500 g frozen peas
4 salad pea pods
400 ml cream

Smoked Eel:

1 smoked eel
Teriyaki sauce

Lardo:

Preparation

Rib Fingers, Braised:

Flour the rib fingers and fry at 180°C. Coarsely chop and roast the carrots, celery, and onions. Add tomato paste and deglaze with red wine. Reduce and add roasted rib fingers. Pour in water. Add bay leaf, juniper berries, and peppercorns. Simmer rib fingers for approx. 1 hour, remove, and pull off the meat. Strain the stock and set aside. Cut the peppers, dried tomatoes and shallots into brunoise. Sweat the shallots, add the meat, and top up with the stock. Add the remaining ingredients and allow to reduce until all liquid has almost boiled. Fill into the desired dish and chill. Remove from the mold and cut into bars.

Potato Slices (Sous Vide):

Peel the potatoes and cut to thickness 3 with the slicer. Cut out round, salt, and vacuum seal with brown butter. Cook at 70°C for approx. 30 minutes in the **fusionchef** Sous Vide water bath. Allow it to cool.

Pea Cream:

Divide the peas, salad peas, and cream into two Pacojet cups. Place in the rapid freezer. Pacotize at least twice. Strain.

Smoked Eel:

Cut the smoked eel into equal-sized pieces, and glaze with teriyaki sauce before serving.

Lardo:

Cut the lardo as thinly as possible with the slicer. Place on baking paper and chill.

Fermented Porcini Mushrooms (Sous Vide):

Clean the porcini mushrooms while wearing gloves and place in a vacuum bag. Add salt and vacuum seal. Let sit at room temperature for 7 days. Vacuum seal again daily to let the air out of the bag.

Vinegar Porcini Mushrooms:

Clean the porcini mushrooms, place in a saucepan, and cover with vinegar. Cover with a sheet of baking paper and cook for approx. 15 minutes. Cover and let sit at room temperature for 1 to 2 days. Strain and store the mushrooms in neutral oil.

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250 g lardo (in one piece)

Fermented Porcini Mushrooms (Sous Vide):

500 g porcini mushroom
10 g salt

Vinegar Porcini Mushrooms:

250 g porcini mushroom
Dark vinegar as required
Neutral oil

Porcini Mushroom Ragout:

Fermented porcini mushrooms
Vinegar porcini mushrooms
1 bunch chives
6 dried tomatoes
3 scallions
Lemon zest
Fermented porcini mushroom stock

Toasted Bread:

1 package of toasted bread

Rib Finger Bars:

Rib fingers, braised
Lardo, cut
Toasted bread, sliced
50 g egg white

Porcini Mushroom Ragout:

Chop the fermented porcini mushrooms and cut the vinegar porcini mushrooms into small cubes. Mix both together. Finely chop the chives, dried tomatoes, and shallots, and then add. Season with lemon zest and add the fermented porcini mushroom stock until the desired consistency is achieved.

Toasted Bread:

Always freeze two slices together. Use the slicer to cut frozen bread vertically at level 3.

Rib Fingers Bars:

Freeze the rib finger bars and roll them into the cut lardo. All sides must be closed. Roll into the sliced toasted bread and seal with egg white. Sear on all sides.

To Serve:

Arrange the rib fingers with the potato slices, pea cream, smoked eel, and porcini mushroom ragout on a plate.

This recipe from the final "JUNGE WILDE 2020" was kindly given to us by Alexander Knelle. Photo: ©Alexander Knelle