

Author:



Ingredients

BBQ Rib Fingers:

1.5 kg rib fingers
1 l water
25 g pickling salt
25 g salt

"Pastrami Style" Rib Ham (Sous Vide):

Smoked rib finger
15 g black pepper
20 g pink pepper
10 g coriander seed
Ginger
20 g garlic
6 g beech wood smoked flour
300 g butter
Flavors (10 g rosemary, 10 g thyme, butter, 20 g garlic)

Beef Dashi (Sous Vide):

Rib finger cuts
Cold water
Vegetable cuts
400 g marrowbone
Beef tea
16 g kombu seaweed
16 g bonito flakes
Roasted pepper
450 g beef shank (clarified meat)
Freshly cut chives
3 spring onions (90 g)
Pickled shiitake
Pink pepper
500 g coarse sea salt
250 g brown sugar

Preparation

BBQ Rib Fingers:

Clean the meat and remove tendons and periosteum. Keep the cuts for the beef tea. Dissolve the pickling salt and salt in water. Pickle the rib fingers in this mixture for 15-20 minutes. For pieces that are too small, too large or "unshaped": 30-40 minutes.

"Pastrami Style" Rib Ham (Sous Vide):

For the smoked rib finger, pickle the "pastrami style" ham. Remove the meat from the pickling and dry. Roast black pepper, pink pepper and coriander seed. Coarsely crush the ginger and garlic in a mortar. Rub the meat and vacuum seal. Cook at 70°C for 1.5 hours in the fusionchef Sous Vide water bath. Place in ice water. Coarsely remove the spices and slice thinly in the slicer. Using the smoke gun and beech wood smoked flour, smoke for approx. 40 seconds. Grill the rib fingers on all sides on the Green Egg over high heat (300°C or higher) for a few minutes. Readjust with butter and flavors.

Beef Dashi (Sous Vide):

Pour cold water over rib finger cuts. Heat slowly, let sit, and reduce. Add the vegetable cuts and roasted marrowbones. Vacuum seal beef tea with kombu seaweed and bonito flakes. Cook at 70°C for approx. 45 minutes in the fusionchef Sous Vide water bath. Strain, season, add roasted pepper, and chill. Add the clarified meat to the beef dashi, slowly clarify and drain. Put in chives, spring onions, cubed shiitake, and grated pink pepper. Remove bone marrow from the marrowbones. Soak marrow for approx. 1 hour. Pickle in sea salt and brown sugar (2/1 ratio) for 30 minutes. Wash, pat dry, and freeze. Finely slice using a bonito shaver.

Onion Jus:

Halve the white onions. Carefully remove the inner segments and cook in salted water. Chill in ice water and drain. Peel the remaining onions, dice coarsely, and sweat the half. Douse with white wine and salt. Reduce for a few minutes, add cream, and braise onions until soft and colorless. Place the remaining diced onions in cold rapeseed oil and fry with slowly rising heat until golden brown. Drain well and pat dry. Finely puree the soft white onions and roasted onions in a Thermomix. Season.

Onion Jus:

15 white onions (approx. 1.8 kg)

Salt water

80 g white wine

Salt

100 g cream

400 ml rapeseed oil

2 shallots (150 g)

2 red onions

100 ml white wine vinegar

Water

80 g sugar

Pickling stock

Butter

30 g panko breadcrumbs

Slice the shallots into fine rings and lightly salt. Let sit for approx. 10 minutes. Fry slowly at 130-140°C until golden brown. Drain on a paper towel.

Halve the red onions, carefully remove the peel, and cut to thickness 1 with the slicer. Bring the vinegar, water, sugar, and salt to a boil. Pour over the onion slices and vacuum seal. Let sit for half an hour.

Fill and assemble the blanched white onion segments. Place the picked red onion into shape on top.

Make butter nutty in a sauté pan. Stir in the panko breadcrumbs. Sauté until golden brown and crispy. Drain on a kitchen towel and salt.

Chop the roasted shallots and mix into the panko crumble.

Asia Vinaigrette:

100 g lime paste

30 g oyster sauce

20 g red pepperoni

15 g maple syrup

65 g grape seed oil

Garlic

250 g shiitake

30 ml sesame oil

Shiitake with Asia Vinaigrette:

Mix the lime paste, oyster sauce, pepperoni, maple syrup, grape seed oil, and garlic. Quickly brown the shiitake in sesame oil over high heat. Vacuum seal in the Asia vinaigrette and let sit for 30 minutes. Finely dice for the filler in the beef dashi. For the garnish on the rib finger, cut the ham into juliennes.

Anchovy Butter, Pickled Anchovy:

Melt the butter, mix finely with chives, and strain. Finely dice and sweat the shallot cuts (of roasted onions). Finely chop the pickled anchovies. Add the shallot cubes to the butter and season with salt, pepper, and lemon zest. Insert into the mold and let set in the freezer. Fillet and wash fresh anchovies. In a salt-sugar pickling, pickle for approx. 10 minutes. Wash the anchovies, dry, and lightly glaze with anchovy oil from the can. Arrange on butter.

To Serve:

Arrange the rib fingers on a plate together with the rib ham, beef dashi, onions, shiitake, Asia vinaigrette, and anchovy butter.

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