

Minestrone with squash and sous vide Mermaid King Prawns

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Ingredients

Chorizo-squash soup:

160 g Chorizo picante
250 g yellow peppers
250 g butternut squash, peeled and seeds removed
160 g shallots
120 g potatoes
2 cloves of garlic
2 tbsp Wiberg paprika, smoked
600 g poultry stock
4 hot chilli peppers
4 sprigs of thyme
2 sprigs of rosemary
200 g olive oil
15 ml poultry stock
50 g butter
100 g flageolet beans, soaked and podded
100 g Barilla Trofie Liguri

Mermaid King Prawns ice cream:

50 g milk powder
90 g glucose
130 g Basic Textur texturiser
6 g salt
1 g Wiberg paprika, smoked
500 g whole milk
200 g Mermaid King Prawns fried in their shells, shelled and finely diced
20 g shrimp butter

Mermaid King Prawns (sous vide):

10 Mermaid King Prawns
Frank's Pumpkin Seed Oil Gusto for Fish
Salt
Pepper

Preparation

Chorizo-squash soup:

Dice the chorizo, quarter the peppers, remove the seeds and cut into strips. Cut the butternut squash into strips. Peel the shallots, potatoes and garlic, cut small and dice together with the chorizo. Stir-fry the pepper and squash strips in olive oil for about 2 minutes. Add the smoked paprika powder.

Fill up with poultry stock, add the hot chilli peppers, bring to a boil and simmer over low heat for about 30 minutes. Puree everything in the liquidiser and pass through a fine strainer. Then boil down a little, add the herbs and leave to stay for some minutes. Salt generously. Pass through a strainer again and stir in the olive oil using a hand blender.

Cook the flageolet beans in salted water on a rolling boil for 4 minutes. Then immediately put into ice water using a skimmer to cool down. Drain and peel the beans. Cook and drain the pasta. Heat the poultry stock and add the beans, pasta and butter. Move around the pan to make sure that all ingredients are glazed evenly.

Mermaid King Prawns ice cream:

Mix the dry ingredients, stir in the milk and Basic Textur and pasteurise at 85 °C. Stir in the shrimps and shrimp butter. Fill the mixture into the ice cream maker or the Pacojet beaker and shock-freeze.

Mermaid King Prawns (sous vide):

Shell and devein the shrimps. Brush with the pumpkin seed oil and cook in the **fusionchef** sous vide water bath at 56 °C for 15 minutes. Then season with salt and pepper and coat with the roasted pumpkin seeds.

Pumpkin seed cream:

Puree the roasted pumpkin seeds with some water to a fine paste in the Thermomix and slowly pour in the pumpkin seed oil. Add salt and pepper to taste.

Pumpkin seed bread:

Mix the pumpkin seed cream with egg white, egg yolk, sugar and salt. Fold in the flour, pass the mixture through a strainer and fill into an iSi cream whipper. Make a

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Pumpkin seed cream:

200 g pumpkin seeds, roasted
200 g water
80 g Frank's Pumpkin Seed Oil Gusto for Fish
Salt
Pepper

Pumpkin seed bread:

120 g pumpkin seed cream
120 g egg white
80 g egg yolk
50 g sugar
2 g salt
20 g flour

Squash sweet-sour (sous vide):

300 g mango
200 g butternut squash
1 shallot
1 clove of garlic
1 chilli pepper
10 g fresh ginger
16 g unrefined sugar
1 cardamom pod
½ tsp coriander seeds
½ tsp cumin
0.6 dl apple cider vinegar
Salt
Pepper

Squash edible paper:

300 g butternut squash
2 sprigs of lemon thyme
40 g rapeseed oil
5 gelatin sheets
Salt
Pepper

Garnish:

1 bowl Affilla cress
1 bowl borage cress
50 g pumpkin seeds, roasted and crushed

small cut at the bottom of four plastic cups.

Fill one-third of each of the cups with the mixture. Place the cups upside down onto a plate and bake in the microwave oven at 900 watt for about 90 seconds. Let the dough slide out of the cups and immediately wrap in cling film to keep it from drying out.

Squash sweet-sour (sous vide):

Slice the squash and cut out round pieces. Peel the mangos. Separate the fruit pulp from the stone and cut into dices of about 1 cm. Peel and chop the onion, garlic and ginger. Cut the chilli pepper in half, remove the seeds and chop. Put everything into a frying pan together with the remaining ingredients, except for the squash, and bring to a boil. Put the squash and the chutney into a vacuum bag and cook in the **fusionchef** sous vide water bath at 85 °C for about 15 minutes.

Squash edible paper:

Peel the squash and wrap in aluminium film together with lemon thyme, rapeseed oil, salt and pepper. Cook the squash in the aluminium film in the oven at 200 °C for about 45 minutes until tender and then puree in the Thermomix until creamy. Stir the soaked gelatin into the warm purée and pass through a fine strainer.

Spread the purée on a perforated silicone sheet and let dry in the dehydrator or in the oven at 65 °C. Break the crispy edible paper into pieces.

Arrangement:

Spread the squash cream lengthwise on a plate using a palette knife and arrange the pasta and the shrimps on top. Cut out the sweet-sour squash again with a smaller, round pastry cutter. Arrange the shrimp ice cream on the smaller squash piece and garnish with the edible paper.

Evenly spread the beans, edible paper and cress all around. Arrange the larger squash piece to the right of the shrimps and garnish with roasted pumpkin seeds. Finally, serve the squash stock separately and pour on top when serving.

Recipe courtesy of Frederik Jud (1st qualifying round JUNGE WILDE / starter).