New Zealand venison sous vide

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Cooking time: 1 hour 15 minutes

Ingredients

For 8 servings

Top round of New Zealand venison (Sous Vide):
600 g top round
3 tbls butter
hemp oil Camelina
Fleur de Sel, pepper, thyme
Juniper

Red Beet Crème:
3 pcs red beet
5 tbls plain yogurt
2 tbls raspberry vinegar
salt, pepper
1 g Basic Texture
1 dash Liquid Smoke

Red Beet Quinoa:
80 g quinoa
500 ml red beet juice
40 ml raspberry vinegar
2 twigs of thyme
1 bay leaf
1 shallot, peeled and finely diced
1 clove of garlic, peeled and finely diced
1 tbls butter

Baby Red Beet:
5 pcs baby red beet
250 ml red beet juice
3 tbls raspberry vinegar
1 twig of thyme
5 g raspberries
20 g cold butter

Preparation

Top round of New Zealand venison (Sous Vide):
Trim the top round of the New Zealand venison and cut it into five equal pieces. Rub the pieces with Camelina hemp oil, tightly wrap with cling film forming a roll and close both ends with a knot. Place the roll in your ***fusionchef*** sous vide water bath and cook it at 58 °C for 30 minutes. Remove the foil, season with the ingredients, heat the butter in a pan and roast the meat. Cut the meat horizontally, pad, and arrange.

Red Beet Crème:
Wash the red beet and wrap each into tin foil. Bake in the oven pre-heated to 180 °C until soft. Peel the cooked red beet, place them in a Thermomix, and add yogurt and vinegar. Mix well and season with salt, pepper, and Liquid Smoke. Add the Basic Texture and mix once more.

Red Beet Quinoa:
Pour the quinoa in a sieve and rinse thoroughly with flowing water. Boil the red beet juice in a pan, add quinoa, raspberry vinegar, thyme, and bay leaf. Let it simmer for approximately 20 - 25 minutes until the quinoa is done. Place the quinoa on a sheet and let it cool. Shortly before serving heat the olive oil in a pan. Add and heat the quinoa, and season with salt. Stir in the butter.

Baby Red Beet:
Wash the baby red beet thoroughly and place in a vacuum bag. Reduce the red beet juice by half. Add juice, raspberry vinegar, raspberries, and the thyme to the bag and vacuum. Place the bag in a ***fusionchef*** sous vide water bath and cook unit soft at constant 85 °C for approx. 45 minutes. Take the soft red beet from the bag. Pass the cooking juice through a fine sieve. Prior to serving, pour the juice into a pan and reduce by half. Add the flakes of butter, heat the red beet in this mixture, and season with salt.

Red Beet Slices:
Wash the red beet and wrap each one in tin foil. Pre-heat the oven to 180 °C and cook the red beet for approx. 60 minutes until soft. Peel the cooked red beet and cut them into slices of 5 mm and then into rounds. Halve the rounds. Reduce the red beet juice by half, add the butter flakes, and heat the slices in the liquid.

salt

Red Beet Slices:
2 pcs red beets
300 ml red beet juice
20 g butter
salt

Horseradish jelly “Lieblingskren“:
135 ml milk
1.8 g agar agar
1 leaf gelatin
167 g sour cream
50 g horseradish “Lieblingskren“
salt, pepper

Red Beet Meringue:
20 g egg white
15 g sugar
Salt
1.5 tbls red beet granules

Red Beet Jus:
2 kg venison bones, finely chopped
15 ml rape seed oil
1 pcs onion, peeled and sliced
1 pcs carrot, sliced
1/4 pcs celery stalk, sliced
125 g leek
¼ pcs celeriac
30 g tomato paste
60 ml cognac
250 ml port
1 bay leaf
10 back pepper corns
2.5 l veal stock
330 ml red beet juice
Maizena (corn flour)

Brittle of hazelnuts and hemp oil “Camelina”:
75 g sugar
110 g hazelnut
2 EL hemp oil “Camelina”
4 g Fleur de Sel
2 tbls water

Garnish:
30 pcs micro red sorrel
20 pcs raspberries

Horseradish jelly “Lieblingskren“:
Bring the milk to boil once, add the horseradish and let it rest for 15 minutes. Pass the horseradish jus through a fine sieve, add the agar agar, and let it simmer for a short while. Squeeze the gelatin and let it dissolve in the warm horseradish jus. Let the jus cool down. Add the sour cream, season with salt and pepper, and pour onto a sheet brushed with oil. Cut into cubes of 1 cm prior to serving.

Red Beet Meringue:
Pre-heat the convection oven to 60 °C. Place all ingredients in a mixing bowl and beat until stiff. Fill the meringue mixture into a pastry bag and squirt small dots onto a silicone mat. Let them dry in the pre-heated oven for 3 hours.

Red Beet Jus:
Pre-heat the oven to 190 °C. Spread the venison bones onto 2 baking sheets and roast in the oven for approx. 1 hour until golden brown. Heat the oil in a large pan and sauté the vegetables at high heat for approx. 10 minutes. Add the tomato paste and caramelize for 5 - 7 minutes. Add the cognac and reduce by half. Add the port and let it simmer until you have a viscous, syrupy reduction. Add thyme, bay leaf, and pepper corns as well as the bones, and cover with the veal stock. Bring to a boil at medium heat, skim off foam and fat, and let it simmer at low heat. Pour through an Etamin cloth, and let it reduce. Pour the red beet juice into a small pan, and let it reduce by half. Add 200 ml of the venison jus and thicken it with Maizena.

Brittle of hazelnuts and hemp oil “Camelina”:
Heat the water, hemp oil “Camelina”, Fleur de Sel, and sugar in a pan and caramelize. Add the hazelnuts, and toss well. Place on a sheet for cooling. When cooled, mix for a couple of seconds in a Thermomix.

Garnish with micro red sorrel and raspberries.

The winner’s recipe of the competition “Young, Wild Chefs 2014” was kindly provided by Walter Triebl