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**Cooking time:** 1 hour 30 minutes



## Ingredients

### Red Beet Soup (sous vide):

300 g red beet  
A bit of white wine vinegar  
10 grains cumin  
Salt  
200 ml veal stock  
200 ml cream  
80 g sour cream  
40 ml Noilly Prat  
20 ml white wine  
Raspberry vinegar  
2 tblsp red beet granules

### Horseradish Foam:

50 ml milk  
40 ml cream  
1 pc. horseradish

### Red Beet Macaroons:

100 ml red beet juice  
1 tblsp red beet granulate  
A bit of cumin  
10 g albumin powder  
1 EL Basic Texture (natural thickening agent)

### Serving and Garnish:

Tahoon cress (cress with strong beech nut taste)  
Vinaigrette of balsamic vinegar  
Radish cubes

## Preparation

### Red Beet Soup (sous vide):

Boil the red beet in salted water (10 grams salt per liter) with vinegar and cumin. Peel while still warm. Slice off one third of the beet and put aside. Chop the remaining red beet and vacuum with all other ingredients. Cook sous vide in a **fusionchef** sous vide water bath at 85 °C for 90 minutes, then puree while warm. Cool or serve immediately.

### Horseradish Foam:

Heat milk with cream and horse radish to 60 °C and steep for 20 minutes. Strain and salt.

### Red Beet Macaroons:

Whip all ingredients until creamy. Pipe this mass onto a baking sheet to form macaroons.  
Dry in a drying oven at 50 °C for a minimum of 8 hours.  
Keep in a fresh storage container.

### Serving and Garnish:

Arrange the slices of red beet on a plate, sprinkle with the vinaigrette and garnish with cress. Fill the frothed red beet soup into cups.  
Froth the horse radish foam and spoon it onto the soup. Crumble the macarons on top.  
Serve immediately.

This recipe was kindly supplied by the Matthaes publishing house from the book "Heiko Antoniewicz, Sous Vide".