

Rib Fingers, Caramelized Onion, Tarragon, Iceland Moss Sous Vide

Author: Sandra Scheidl



Ingredients

Seasoning Varnish:

1 bay leaf
2 juniper berries
3 dried porcine mushrooms
200 g dark balsamic vinegar
150 g sugar

Rib Fingers (Sous Vide):

1.2 kg rib fingers
Seasoning Varnish

Marinade Stock:

150 g water
150 g sugar
150 g white wine vinegar
1 handful of Iceland moss

Flambéed Pearl Onions:

20 pearl onions
500 g marinade stock

Tarragon Oil:

150 g spinach
300 g tarragon
500 g neutral oil

Porcini Mushroom Cream:

600 g cream
20 g dried porcine mushrooms
1 bay leaf
Salt

Caramelized Onion Stock:

1.3 kg white onions
Oil

Preparation

Seasoning Varnish:

Bring bay leaf, juniper berries, dried porcini mushrooms and balsamic vinegar to a boil. Add sugar and reduce until a thick varnish forms.

Note:

The mixture becomes even firmer after cooling. It is best to use a cold plate and test it.

Rib Fingers (Sous Vide):

Trim and vacuum seal the rib fingers. Cook for 3 hours at 70°C in the **fusionchef** Sous Vide water bath. Sear in a frying pan, sauté and brush with the varnish.

Marinade Stock:

Bring water, sugar and white wine vinegar to a boil. Pour over the finely pulled moss. Allow to cool at room temperature.

Flambéed Pearl Onions:

Halve the pearl onions lengthwise and peel the individual layers. Blanch, quench and leave to infuse in marinade stock. Flambé the onions before serving.

Tarragon Oil:

Mix all ingredients in the Thermomix at 70°C for 7 minutes. Strain the mixture and allow to set so that the water separates from the oil.

Porcini Mushroom Cream:

Bring cream with porcini mushrooms and bay leaf to a boil. Reduce, season with salt, and allow to cool and solidify.

Caramelized Onion Stock:

Peel and finely slice the onions. Add to a saucepan with a little oil and allow to caramelize slowly. At the same time, roast the trimmings in the oven until golden brown. Deglaze the onions with white wine vinegar and add water. Add mushrooms, juniper berries, bay leaf and pepper. Strain, reduce and thicken the stock. Season with a dash of soy sauce.

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Meat trimmings

20 g white wine vinegar
Water
A little marinade stock
5 button mushrooms
3 juniper berries
1 bay leaf
Pepper
Binding agent
20 g soy sauce

Bread Chips:

100 g wholegrain bread
Oil
2 dried porcine mushrooms

Bread Chips:

Cut the bread into fine slices. Brush with a little oil and rub dried porcini mushrooms on top. Dry the chips in the oven and break.

To Serve:

Arrange rib finger bars together with flambéd pearl onions, tarragon oil, porcini mushroom cream, caramelized onion stock, and bread chips on a plate.

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