

Rib Fingers / Carinthian Lardo / Wild Mustard Sous Vide

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Ingredients

Lardo:

200 g lardo
100 g chervil

Salad Peas:

50 g salad pea
Lemon
Olive oil
White balsamic vinegar
Salt
Pepper

Rib Fingers (Sous Vide):

1500 g rib fingers
200 g lardo (in wafer-thin slices)
250 g brown butter
Salsa verde
Salad peas

Shiitake (Sous Vide):

700 g shiitake
Salt
Butter
Spices to taste

Mustard Seed Jus:

300 g veal bone
400 g root vegetable
50 g tomato paste
Cold water
200 ml red wine
100 ml port wine
Cold butter
Mustard seed

Preparation

Lardo:

Finely dice the bacon and slowly melt in a saucepan until the cubes are golden brown. Strain the greaves from the fat and dab with a paper towel. Mix the fat with blanched chervil at 62°C in a Thermomix and strain.

Salad Peas:

Cut off and finely chop the rear segments of the salad peas. Mix with lemon cubes, olive oil, vinegar, salt, and pepper until creamy (salsa verde). Marinate the front segments of the salad peas and arrange for serving.

Rib Fingers (Sous Vide):

Pepper the meat and vacuum seal with a little brown butter. Cook at 55°C for 3.5 hours in the *fusionchef* Sous Vide water bath. Fry on a grill pattern in a grilling pan. Brush with salad pea salsa verde and top with wafer-thin lardo slices. Melt with a Bunsen burner.

Shiitake (Sous Vide):

Salt the mushroom caps, cut them out, and vacuum seal with butter. Cook at 55°C for 1 hour in the *fusionchef* Sous Vide water bath. Sear and fill with the creamy polenta. Cut the segments and stalks into fine cubes, season, and sear. Add to the mustard seed jus.

Mustard Seed Jus:

Roast the veal bones in the oven. Braise root vegetables in a pot, add tomato puree, and deglaze. Add cold water and the roasted bones. Simmer the jus, strain finely, and reduce. Add a little cold butter and finish with pickled mustard seed.

Creamy Polenta:

Season the milk and bring to a boil. Stir in the polenta and let sit for a few minutes. Stir in the crème fraîche and pour into a pastry bag.

Fava Bean Cream:

Blanch the fava beans and mix in a Thermomix with a spoonful of crème fraîche to create a fine cream. Season with salt. Peel a couple beans, glaze with dashi stock, and butter.

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Creamy Polenta:

500 ml milk
Salt
Spices to taste
200 g polenta
100 g crème fraîche

Fava Bean Cream:

400 g fava bean
1 tbsp. crème fraîche
Salt
Butter
Dashi stock

Shiitake Dashi:

Shiitake remnants
10 g bonito flakes
10 g kombu seaweed
Water

Shiitake Dashi:

Sear the shiitake remnants, add the bonito flakes and kombu seaweed. Pour in water. Bring to a boil and let sit at 80°C for 30 minutes. Strain finely.

To Serve:

Arrange the lardo on a plate together with the salad peas, rib fingers, shiitake, mustard seed jus, creamy polenta, fava bean cream, and shiitake dashi.

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