

Rib Fingers / Peas / Eggplant / Amaranth Sous Vide

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Ingredients

Liquid Pickling:

8 g peppercorns
16 g coriander seed
16 g long pepper
480 g salt
80 g sugar
1600 g water
20 g thyme
8 g garlic
1600 g angus wagyu rib fingers

BBQ:

300 g ketchup
60 g ketjap manis
60 g apple juice
50 g gin
60 g cider vinegar
5 g chili
30 g sugar
10 g butter

Pea Pod Oil:

300 g peas
100 g gold of pleasure oil

Pea Emulsion:

300 g peas
175 g vegetable stock
100 g salad pea
1 shallot
2 lemons (juice & zest)
0.7 g Xantana
75 g pea pod oil

Eggplant in Three Forms:

Preparation

Liquid Pickling:

Roast peppercorns, coriander seeds and long pepper in an ungreased saucepan. Add salt, sugar and water. Heat until the salt and sugar have dissolved. Add the remaining ingredients and allow to cool. Vacuum seal rib fingers with the pickling and marinate for 2 hours. Rinse the rib fingers and pat dry. Before serving, sear both sides and allow to sit in a Hold-o-mat for 10 minutes. Slice.

BBQ:

Bring all ingredients to a boil except for the butter and simmer gently for 10 minutes. Reduce the liquid and remove the pan from the stove. Stir in the butter, strain and allow to cool.

Pea Pod Oil:

Peel the peas and set aside the fresh peas. Finely mix the pods with oil and quickly bring to a boil. Allow to cool and pass through an Etamin cloth. Use the collected oil for the pea emulsion.

Pea Emulsion:

Peel peas. Bring the peels to a boil with the vegetable stock. Allow to infuse for 30 minutes and strain. Blanch and quench peas and set aside for the amaranth. Finely mix the salad pea, shallots and lemons. Pass the liquid through a fine sieve. Stir with Xantana and slowly add the pea pod oil.

Eggplant in Three Forms

Fried eggplant:

Cut a slight hole in the eggplant. Steam at 100°C in the oven for 10 minutes. Peel, cut into thin slices, and cut out round pieces. Place the remaining eggplant to the side. Sear the slices when serving and brush with BBQ sauce.

Eggplant caviar:

Chop the remaining fried eggplant into small pieces. Roast the coriander seeds and long pepper in a pan without oil. Grind finely in a mortar. Brown in a frying pan with the remaining eggplant and balsamic vinegar until there is almost no more liquid. Allow to cool. Season with salt and cream to taste.

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3 eggplants
BBQ
2 g coriander seed
2 g long pepper
Eggplant scraps
50 g balsamic vinegar
Salt
50 g creme fraiche
1 eggplant
50 g corn starch
100 g cooking oil

Amaranth:

700 g amaranth
150 g hazelnuts
100 g salad pea
Salt
2 lemons (juice & zest)
Pea emulsion

Jus (Sous Vide):

250 g chicken wings
250 g beef bones
40 g soy sauce
1 bay leaf
2 g peppercorns
500 ml water
50 g scallions
5 g garlic
50 ml port
10 ml ketjap manis
20 ml balsamic vinegar

Crispy eggplant:

Dice 1 piece of eggplant and roll in corn starch. Slowly fry until golden brown in cooking oil at medium heat. Drain on a cloth and add salt.

Amaranth:

Boil the amaranth in salted water until soft. Roast the hazelnuts in the oven and chop coarsely. Finely chop the salad pea. Mix the amaranth, hazelnuts and salad pea. Season with salt, lemon juice, lemon zest and pea emulsion.

Jus (Sous Vide):

Rinse chicken wings and beef bones. Vacuum seal with soy sauce, bay leaf, pepper and 500 ml water. Cook at 85°C for 1 hour in the **fusionchef** Sous Vide water bath. Switch to 65°C and cook for another 2 hours sous vide. Strain through an Etamin cloth. Sweat the shallots and garlic. Deglaze with port wine, ketjap manis and balsamic vinegar. Reduce until a syrup-like consistency is achieved. Add to the stock and reduce to 250 ml.

To Serve:

Arrange rib fingers on a plate together with peas, eggplant, amaranth and jus.

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