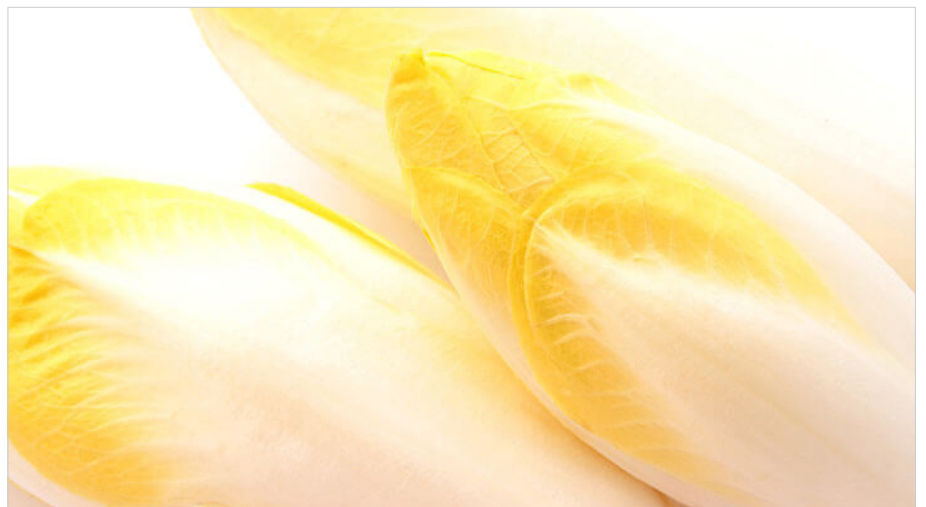


Author: Detlev Ueter
Preparation time: 10 minutes
Cooking time: 20 minutes



Ingredients

500 g Chicory
250 g Orange juice
20 g Ginger
10 g Honey
Salt Peper

Preparation

Remove the outer chicory leaves and put them in a vacuum bag. Season with sea salt, add the sliced ginger, honey and orange juice and vacuum.
Cook sous vide at 85°C for 20 minutes.

This recipe was generously provided by Detlev Ueter. Image: © alain wacquier / Fotolia.com