

Sous vide strawberries with sweet woodruff meringue

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Ingredients

Strawberries (sous vide):

300 g strawberries
½ bunch mint
100 ml sugar syrup
5 berries of Tasmanian pepper

Sweet woodruff:

200 ml water
130 ml sweet woodruff syrup
30 g albumin (egg white substitute for good results when whipping liquids and purees)
3 gelatin leaves

Arrangement:

Tasmanian pepper

Preparation

Strawberries (sous vide):

Clean and rinse the strawberries. Pluck the mint leaves and set aside.

Quarter half of the strawberries and place them into a sous vide vacuum bag with the sugar syrup. Add the mint and crushed pepper berries. Seal and cook sous vide in **fusionchef**sous vide water bath at 65 °C for 13 minutes and cool.

Allow to marinate for at least 4 hours. Retain liquid and serve separately with the strawberries.

Sweet woodruff meringue:

Whip water with syrup and albumin powder. At the end, fold in the dissolved gelatin leaves. Use an icing bag to squirt the meringue onto a silicon pad and allow to dry for at least 8 hours at 58 °C. Store in a sealed, airtight box.

Arrangement:

Cut the remaining fresh strawberries to length and arrange a salad with the marinated strawberries. Drizzle with retained liquid. Garnish with mint and sweet woodruff. Serve separately the crushed pepper, remaining strawberry liquid, and additional sweet woodruff.

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