

Wagyu Rib Fingers / Jerusalem Artichoke / Vinegar / Passion Fruit Sous Vide

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Ingredients

Wagyu:

2.5 kg wagyu angus rib fingers
7 tomatoes
4 butcher's onions
1 celery root
1 liter red wine
Soy sauce
Ketjap manis
Sugar
Mirin

Passion Fruit Sponge:

3 eggs
60 g sugar
42 g flour
50 g passion fruit puree
Salt

Vinegar Coating/Jelly:

150 g Muscovado sugar
150 ml light balsamic vinegar
100 g apple juice
White pepper (whole)
Star anise
Cloves
6 g agar-agar
3 gelatin sheets

Jerusalem Artichokes Balls:

700 g Jerusalem artichoke puree
3 g agar-agar
8 g lota
3 gelatin sheets

Jerusalem Artichoke Chips/Crumble:

Preparation

Wagyu:

Roast the meat in a roasting pan and remove. Wash the vegetables and cut into small pieces. Roast in the roasting pan used previously and deglaze with red wine. Reduce the mixture and add the roasted meat. Simmer in the oven at 150°C for 3 hours. Season the jus with soy sauce, ketjap manis, sugar, and mirin. Brush the meat with the jus and fry with a Bunsen burner.

Passion Fruit Sponge:

Mix the eggs, sugar, flour, passion fruit puree, and salt into a smooth mixture. Fill the mixture into an iSi siphon, aerate with 2 capsules, and fill a quarter of a paper cup with it. Cook in the microwave for 40 seconds at around 1000 watts.

Vinegar Coating/Jelly:

Caramelize the Muscovado sugar in a saucepan and deglaze with light balsamic vinegar and apple juice. Add white pepper, star anise, and cloves. Let sit. Pour off the liquid and bring to a boil with agar-agar. Dissolve soaked gelatin in it.

Jerusalem Artichokes Balls:

Heat Jerusalem artichoke puree, agar-agar and lota in a Thermomix at 100°C. Add the gelatin and pour into a pastry bag. Squirt into a silicone ball shape.

Jerusalem Artichoke Chips/Crumble:

Thoroughly brush the Jerusalem artichokes under running water, and cut into thin chips with a slicer. Lightly fry in hot fat. For the crumble, coarsely chop approx. three quarters of the chips.

Young Jerusalem Artichokes:

Clean small thumb-sized Jerusalem artichokes and softly confit in nut butter. Season with coarse salt.

Jerusalem Artichokes Slices:

Slice the Jerusalem artichokes with a slicer, cut out round, and place in iced water until ready to serve.

Vegetable Stock:

Wagyu Rib Fingers / Jerusalem Artichoke / Vinegar / Passion Fruit Sous Vide

7 large Jerusalem artichokes
Fat

Young Jerusalem Artichokes:

20 thumb-sized Jerusalem artichokes
300 g nut butter
Coarse salt

Jerusalem Artichokes Slices:

2 large Jerusalem artichokes

Vegetable Stock:

5 l water
Vegetable cuts (in this recipe or as desired)

Jerusalem Artichoke Puree (Sous Vide):

750 g Jerusalem artichokes
200 g cream
Vegetable stock
Salt
Pepper
Sugar
150 g butter
1 lime
Xanthan gum

To Serve:

Affilla Cress
Micro red veined sorrel

Place all vegetable cuts of the dish in a pot of water and simmer gently.

Jerusalem Artichoke Puree (Sous Vide):

Wash the Jerusalem artichokes, peel, cut into small pieces, and vacuum seal with cream. Cook at 99°C for 1 hour in the **fusionchef** Sous Vide water bath. Fill the mixture with the prepared vegetable stock as desired and process into a smooth puree in a Thermomix. Season with salt, pepper, sugar, butter, and lime juice. Bind with xanthan gum if necessary.

To Serve:

Wash the Affilla Cress and micro red veined sorrel and use to serve the dish.

To Serve:

Arrange the wagyu on a plate together with the passion fruit sponge, vinegar coating/jelly, Jerusalem artichoke balls, Jerusalem artichoke chips/crumble, Jerusalem artichoke bulbs, Jerusalem artichoke slices, Jerusalem artichoke puree, and garnish.

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