

VEGETARIAN TOURNEDOS

Savoury recipe / by Margaux Bréhier



For 5 portions.

1. MAIN ELEMENT

Ingredients

Hay - As required

grapeseed oil - As required

Beetroot puree - 1000g

Celeriac - 3

Roast the celery in a hay crust.
Melt the beetroot puree in water.

2. TRIMMINGS

Ingredients

Caster sugar - 60g

Olive oil - 2cl

Water - 1L

Salt - As required

Vegetable ash - As required

Onion - 5

White vinegar - 8cl

Broccolini - 3

Chick pea flour - 250g

Slice then burn the onions.
Make the pickling juice. Heat it and pour over the onions.
Make a vegetable stock with offcuts.
Poach the broccolini.
Make the panisse mixture. Pour out to chill and cut into portions.
Fry and brown in the vegetable ash.

3. SAUCE AND CONDIMENT

Ingredients

Frozen fruit purée 100% :
Mango - 300g

Soy lecithin - As required

Squash (seeds) - 100g

grapeseed oil - As
required

oat milk - 50cl

Hazelnut - 100g

Warm the oat milk and mango puree.
Add the lecithin and beat into an emulsion.
Roast the pumpkin seeds and hazelnuts.
Blitz and add the grape seed oil.

In this step



Frozen fruit purée
without added sugar* :
Mango

Frozen fruit purées

4. DECORATION

Ingredients

Buckwheat flour - 30g

Water - 8cl

grapeseed oil - 12cl

Prepare the dough for the crisp patties.
Make them in a non-stick pan.