

Miele

Brussels sprout, pine nut butter and beetroot crisp

By Miele

20 minutes

8 hours

30 leaves

Serves



INGREDIENTS

Beetroot crisp

1 large beetroot, peeled
Cooking oil, spray can
Ground cumin
Salt flakes

Pine nut butter

100g pine nuts, toasted
50-60ml warm water

5 Brussels sprouts, washed, trimmed

METHOD

Beetroot crisp

1. Slice the beetroot very thinly, either on a mandolin slicer or using a peeler, into large rustic slivers. Arrange on a baking paper lined baking tray; ensure the beetroot does not overlap.
2. Spray the beetroot with cooking oil spray, sprinkle lightly with cumin and a pinch of sea salt.
3. Place into the Warming Drawer, on food setting 5 (approximately 85°C) for 6-8 hours until crisp.
4. Store in an airtight container until required.

Pine nut butter

1. Place toasted pine nuts into the bowl of a food processor. Process until the nuts resemble a very thick peanut butter.
2. With the blades running on medium speed, add the water very slowly until the mixture becomes pale, creamy and thick. You may not need all the water depending on the nuts.
3. The mixture should be able to hold its shape. Season to taste and place into a piping bag and keep at room temperature until required.

Brussels sprouts

1. Remove the largest bright green leaves from the Brussels sprouts. You should get around 6-8 good leaves per sprout.
2. Place into a perforated steam tray. Place into the Steam Oven and steam at 100°C for 1 minute.

To serve

1. Arrange the warm/ambient sprout leaves on a serving plate or wooden board, pipe approximately half a teaspoon of the pine nut butter into each leaf. Top with a piece of the beetroot and serve.

HINTS AND TIPS

- The pine nut butter can be made ahead and stored in the refrigerator for up to 5 days. Allow it to come to room temperature before using.
- Beetroot crisp can be stored in an airtight container for up to 4 weeks.