



BEET CARPACCIO
WITH BURRATA, FRIED ROCKET &
CARAMELIZED PISTACHIOS



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LEVEL OF DIFFICULTY: Easy

COOKING TIME: Under 2 hours

SERVES: 2



INGREDIENTS

CARPACCIO:

3-4 small beets

1 egg white or 1 sachet of vegan egg white substitute powder (available at most health food stores)

1 kg coarse sea salt (preferably Fleur de Sel de Guérande)

2-3 sprigs of thyme

VINAIGRETTE:

1 teaspoon mustard (medium-hot)

1 tablespoon balsamic vinegar

1 tablespoon olive oil

1 teaspoon agave syrup



METHOD

Preheat the oven to 180°C.

Wash the beets, clean, and pat dry. Beat the egg whites until stiff, or prepare an egg white substitute according to the package instructions, then mix with sea salt. Put one-third of the salt mixture into a Le Creuset 26cm Heritage Rectangular Dish or 28cm Heritage Oval Dish, place the beets and thyme sprigs on top and cover with the remaining salt dough. Cook the vegetables in the preheated oven for one hour.

Remove the vegetables from the oven, allow them to cool briefly, then carefully loosen or tap the salt coating off with an oyster knife or screwdriver. Let the beets cool, peel (best done while wearing disposable gloves) and cut them into thin slices. Mix all ingredients for the vinaigrette together.

FOR THIS RECIPE, WE RECOMMEND:

26cm Heritage Rectangular Dish or 28cm Oval Dish

Toughened Non-Stick 26cm Shallow Frying Pan

CARAMELIZED PISTACHIOS:

1 tablespoon unsalted pistachios, shelled

1 teaspoon sugar

FRIED ROCKET:

1 bunch rocket

1-2 tablespoon oil

1 burrata (drained weight approx. 120 g),

alternatively vegan mozzarella cheese

Beet cress to serve (optional)

Coarsely chop the pistachios. Melt 1 teaspoon sugar in a pan, add chopped pistachios and mix. Leave the pistachios to cool briefly on baking paper. For the fried rocket, heat oil in a casserole or pan and shallow-fry the (dry) rocket until it is crispy. This takes about 5 minutes; the rocket shrinks a fair bit and will become slightly crisp.

Place the beet slices side-by-side on two plates and drizzle with two-thirds of the vinaigrette. Carefully cut the burrata ball in half and arrange it on top of the beet slices. Sprinkle fried rocket and cress decoratively on top. Drizzle with the remaining vinaigrette and sprinkle with the caramelized pistachios as a topping.