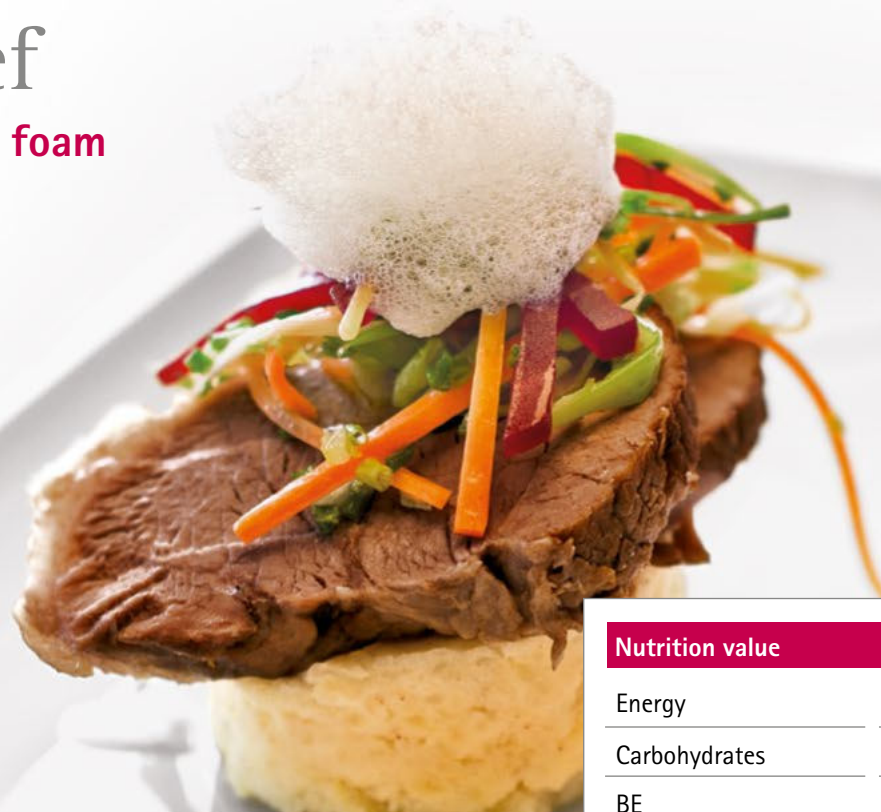




Main course

Boiled beef

with wasabi foam



Ingredients to serve 4

600 g rump roast	5 peppercorns	75 g butter
1 small carrot, peeled, and cut into cubes	4 juniper berries	Pinch of freshly grated nutmeg
2 spring onions, cut into cubes	225 ml heavy whipping cream	Freshly ground pepper
1 brown onion	Juice and zest of half a lemon	A pinch of salt
100 g celery stalks	50 ml of the boiled beef broth	1 red beet
1 laurel leaf	Potato starch as needed	1 carrot
1 clove	Wasabi in a tube, to taste	1 leek
	½ TSP of sugar	
	480 g potatoes	

Nutrition value

Energy	658 kcal
Carbohydrates	34 g
BE	2.8
Protein	38 g
Fat	41 g
Potassium	1381 mg
Phosphate	483 mg
Sodium	180 mg
Water	434 ml

All nutritional information per serving.
This corresponds to ¼ of the total recipe.

The meat ...

Cook the meat in plenty of water with the vegetables (carrot, spring onions, brown onion, celery) and the seasonings – laurel leaf, clove, peppercorns and juniper berries for 90 minutes.

To make wasabi foam ...

Heat up 125 ml of cream and boiled beef broth with lemon juice in it; if necessary thicken the sauce with some potato starch. Season to taste with wasabi, lemon zest and sugar. Prior to plating, use an immersion blender to beat the cream-wasabi blend into a foam.

Mashed potatoes ...

Peel the potatoes, cut them into small cubes and boil in plenty of water until soft. Drain the water, allow the steam to evaporate. Add 100 ml cream, 50 g butter and a pinch of freshly grated nutmeg, ground pepper, and a pinch of salt to taste.

The vegetables ...

Julienne the red beet, carrot, and leeks; boil separately until soft in plenty of water. Mix together just before plating and sweat in a pan with a teaspoon of butter.

