



Recipe **Bite Root**



Associated trend: Health

Health in food is not only about removing ingredients that are undesirable for certain reasons, it is also about adding ingredients that can contribute to a better health. In this Bite Root recipe, the apple is used as a whole and is infused in red beet root, which acts as a natural sweetener. The cheese yusu cream provides a refreshing taste while the raspberry crumble brings texture to the experience.

HEALTH

Trend



VIEW THE VIDEO OF THIS RECIPE:
tastetomorrow.com/bite_root

INGREDIENTS

Organic red apple

Organic apple 'cox orange' (ø 5-6 cm) ... 32 pcs
Fresh organic Beet root juice 800 gr

Cream cheese mousse

Milk 40 gr
Festipak 150 gr
Vanilla ½ pc
Orange zest 1,5 gr
Sugar 40 gr
Gelatin powder 180 bloom 10 gr
Water 60 gr
Yoghurt 150 gr
Passionata 500 gr

Acidulate beetroot & raspberry jelly

Beet root juice (from baking) 150 gr
Starfruit raspberry 270 gr
Sugar 30 gr
Pectin NH 4,5 gr

Raspberry crumble

Flour T 45 300 gr
Sugar 240 gr
Dried raspberry powder 80 gr
Butter 280 gr
Almond powder 100 gr
Salt 2 gr

Decoration

Miroir Glassage Neutre Q.S.
Fresh edible cress Q.S.

WORKING METHOD

Organic red apple (4 vacuum bag of 400 x 300 mm / 85% vacuum)

- Remove the tail, peel off apples and remove the center with a round dough cutter of 3 cm.
- Put 8 apples in a vacuum bag, add 200 gr of beet root juice, vacuum and seal.
- In a oven, bake at 80°C with 100% steam during 25 min.
- Let cool down in the bag, remove and drain out the extra juice and reserve it for the jelly.

Cream cheese mousse (15 gr/apple)

- Bring to a boil the Festipak, Passionata, orange zest and vanilla , then add the gelatin and pour over the yoghurt.
- Mix and incorporate the lightly whipped cream at around 26°C.
- Fill the center of cold apples. Let it set.

Acidulate beetroot & raspberry jelly

- Bring to a boil the juice and puree, at 60°C add pectin mixed with sugar.
- Stop cooking and cool down around 35°C, then pour on top of the cream cheese mousse, till the top.

Raspberry crumble (30 gr/plate)

- Mix everything together, sprinkle on a tray and bake at 160°C, open damper, during 20 min.
- Mix it several time to bake uniformly.
- Cool down and reserve.

Decoration

- Glaze the whole apple using **Miroir Glassage Neutre** at 35-37°C
- Decorate using fresh edible cress