



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 beetroot, which acts as a natural sweetener. The cheese cream provides a refreshing taste while the raspberry crumble brings texture to the experience.

INGREDIENTS

Organic red apple

32 pcs Organic apple 'cox orange' (ø5-6 cm)
800 g Fresh organic beetroot juice

Cream cheese mousse

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

Acidulate beetroot & raspberry jelly

150 g Beetroot juice (from baking)
270 g *Starfruit raspberry**
30 g Sugar
4,5 g Pectin NH

Raspberry crumble

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

Decoration

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

WORKING METHOD

Organic red apple

- Use 4 vacuum bags of 400 x 300 mm.
- Remove the tail, peel apples and remove the center with a round dough cutter of 3 cm.
- Put 8 apples in a vacuum bag, add 200 g of beetroot juice, vacuum and seal at 85%.
- In an oven, bake at 80°C with 100% steam during 25 minutes.
- 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, orange zest and vanilla, then add the gelatin and pour over the yoghurt.
- Mix and incorporate the lightly whipped Passionata at around 26°C.
- Fill the center of cold apples and 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 minutes.
- Mix it several times 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.

This recipe was developed and created by David Redon, previously International Technical Advisor for Patisserie at Puratos.