Sorrel tartlets with a cucumber drink



מתכון מאת Silvio Germann



Preparation	40 Mins
Resting time	30 Mins
Cooking time	12 Mins
התקן	CombairSteamer V2000 from 2021

Sorrel mousse

1½ sheets of gelatine

200 g sour cream

40 g sorrel, coarsely chopped

1 lime, some juice

1 tsp white balsamic vinegar

½ tsp salt

Pickled cucumber

250 ml white balsamic vinegar

175 ml water

75 g sugar

25 g salt

400 g snack cucumbers, thinly sliced

Tartlet cases

300 g white flour

150 ml water

Lovage cream

80 ml white balsamic vinegar

50 g lovage, leaves pulled off from stalks

2 egg yolks

30 g sugar

¾ tsp salt

200 ml sunflower oil

The drink

3 cucumbers, chopped

15 g ginger, chopped

1 lime, juice of ½ lime

20 g lemon verbena, finely chopped

1 tbsp coarse raw sugar

1 egg white

Ice cubes

Some verbena tea, ground to a powder

For serving

10 g sorrel, cut into thin strips

Nasturtiums, as desired

Sorrel mousse

Soak the gelatine in a bowl of cold water for about 5 minutes. Blend the sour cream and sorrel in a jug blender until smooth, then strain through a sieve. Heat half of the mixture in a small pan, add the gelatine, stir well and then stir in the rest of the mixture. Season with the lime juice, white balsamic vinegar and salt, spread the mixture out about 1 cm deep on a small baking tray, cover and refrigerate for about 4 hours. Using a ø2.5 cm cutter, cut out 16 rounds.

Pickled cucumber

Put the white balsamic vinegar, water, sugar and salt into a pan and bring to the boil, stirring constantly. Place the cucumber slices in a clean preserving jar, pour over the hot pickling liquid, cover and allow to pickle.

Tartlet cases

Put the flour and water in a bowl, knead into a smooth dough, cover and leave to rest for about 30 minutes. Preheat the cooking space to 160 °C using the hot air mode. Roll out the dough, one portion at a time, to about 1 mm thick, cut rounds using a 5 cm diameter cutter, place the rounds in the prepared tartlet tins and press down lightly. Put the tartlet tins on a baking tray and into the preheated cooking space and bake for about 12 minutes until golden brown. Take out and allow to cool a little before turning out of the tartlet tins and leaving to cool down on a wire rack.

Lovage cream

Put the white balsamic vinegar and lovage in a tall vessel, blend very finely, strain through a sieve and put back in the tall vessel. Add the egg yolks, sugar and salt and blend until combined. While continuing to blend, slowly add the sunflower oil in a thin stream until the mixture has the consistency of a cream. Spoon the cream into a piping bag and refrigerate until ready to serve.

The drink

Juice the cucumber and ginger. Add the lime juice, verbena, sugar and egg white and mix well until the sugar has dissolved. Put the liquid, one portion at a time, in a shaker with some ice cubes, shake vigorously for about 2 minutes, then pour through a fine sieve into the chilled Martini glasses. Add a dusting of verbena powder to finish the drink off.

For serving

Arrange the tartlet cases on a platter and into the centre of each one place a round of mousse. Take the cucumber slices out of the pickling liquid, drain them off a little and then twist and place on top of the rounds of mousse, leaving some space in the centre. Into this space pipe some loveage cream, sprinkle over the sorrel and nasturtiums and serve immediately with the drink.

Cooking steps

(Pre-)heat cooking space to 160 °C with Hot air

Preheating finished. Put the food in.

Hot air 160 °C for 12 Mins

עצות

For those who prefer it with alcohol, add 8 cl gin to the cucumber liquid and then, one portion at a time, shake as described.

אביזרים

Baking tray

16 tartlet tins, each about ø4.5 cm, greased

4 Martini glasses

מידע נוסף

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