



Vacuisine chicory with pumpkin hummus and tarragon



Preparation	1 Hrs 30 Mins
Cooking time	1 Hrs 30 Mins
Portions	4
Appliance	CombiSteamer V4000 from 2021

In this dish, the delicate bitter notes of the chicory combine harmoniously with the sweetness of the orange, the umami notes of the black garlic and the fresh mustard caviar pearls. The pumpkin hummus rounds off the whole with its earthy flavours – a dish that delights with its complex nuances of taste.

Mustard caviar

- 50 g mustard seeds
- water
- 50 ml cider vinegar
- 50 ml apple juice
- 25 g sugar
- ½ tsp salt
- 1 bay leaf
- 2 cloves
- 2 allspice grains

Pumpkin hummus

- 200 g Hokkaido pumpkin, in cubes
- 1 tbsp. olive oil
- 1 tsp sugar
- ¼ tsp salt
- 240 g chickpeas from the tin, drained, skinned
- 3 tbsp. tahini
- ½ lemon, juice only
- 1 tsp garlic powder





1 tsp cumin powder

¼ tsp salt

1 orange, grated peel and juice

Black garlic mayonnaise

1 bulb of black garlic

1 egg yolk

1 tsp white wine vinegar

1 tsp soy sauce

¼ tsp salt

3 drops of tabasco (e.g. mountain fire)

a little pepper

175 ml sunflower oil

Herbal oil

15 g parsley, leaves plucked off

10 g dill, tips plucked off

5 g chives, rough cut

150 ml sunflower oil

Tarragon crisps

a little sunflower oil

10 g tarragon, leaves plucked off

Chicory

1 orange, grated peel and juice

1 tsp sugar

1 bay leaf

2 allspice grains

2 cardamom capsules

1 pinch of salt

1 Chicory, quartered lengthwise

Mustard caviar





Place the mustard seeds in a small pan and cover with water. Bring the water to the boil and simmer for approx. 2 minutes. Drain the water and return the mustard seeds to the pan. Repeat the process twice. Pour the mustard seeds without water into a small preserving jar. Put the apple cider vinegar and all the remaining ingredients in a pan and bring to the boil. Remove the pan from the heat and leave to stand for approx. 10 minutes. Pour the vinegar stock through a sieve onto the mustard seeds. Close the jar tightly. Place the jar on a perforated stainless steel tray, slide into the cooking chamber and sterilise using the "Re-sterilise jam jars" function.

Pumpkin hummus

Mix the pumpkin, olive oil, sugar and salt on a baking tray lined with baking paper, place in the cooking chamber, roast with hot air and steam at 160 °C for approx. 40 minutes. Remove the pumpkin and leave to cool slightly. Place the chickpeas and all the ingredients up to and including the salt in a blender and blend until smooth, gradually adding the roasted pumpkin cubes. Mix in the orange zest and juice. Put the hummus in a piping bag.

Hot air + steaming 160 °C for 40 Mins

Black garlic mayonnaise

Squeeze the garlic out of its skin, place in a tall container with the egg yolk and all the ingredients up to and including the pepper, blend with a hand blender. Slowly pour in the sunflower oil in a thin stream and continue to mix until you have a creamy mayonnaise. Flavour the mayonnaise with salt and pepper. Place the mayonnaise in a piping bag and chill until ready to serve.

Herbal oil

Pour the sunflower oil into a pan and heat to approx. 55 °C. Place the oil and herbs in a blender and blend on a high speed for approx. 8 minutes. Line the sieve with a cheesecloth, sieve the herb oil and squeeze out thoroughly, pour into a lightproof bottle and leave to cool in the fridge.

Tarragon crisps

Cover a plate with cling film, carefully brush with a little oil using a brush, spread the individual tarragon leaves on top and cover with a second sheet of cling film. Place the plate in the microwave and "dry" at 1000 W for approx. 2 minutes until crispy.

Chicory

Place the orange zest and juice in a small pan with the sugar and spices, bring to the boil. Simmer until the sugar has dissolved, leave to cool. Place the liquid with the chicory in a vacuum bag and vacuum seal. Preheat the cooking chamber with steam to 85 °C. Place the vacuum bag on a wire shelf in the preheated cooking chamber and cook for approx. 20 minutes. Remove, drain the chicory, reserving the stock and pour through a sieve into a small pan. Heat the stock and reduce by half. Briefly scorch the cut surface of the chicory with a Bunsen burner.

(no pause)

(Pre-)heat cooking space to 85 °C with Steaming





Put the food in

Steaming 85 °C for 20 Mins

Serving the dish

Place a chicory quarter in the centre of each plate. Pipe 3 dots of pumpkin hummus around each chicory. Pipe 5 dots of black garlic mayonnaise over the chicory. Spread the mustard caviar over the pumpkin hummus and top each with a tarragon leaf. Spread 1-2 tablespoons of chicory stock and a few drops of herb oil around the chicory.

Tips

All components can be prepared approx. 1 day in advance and stored in the fridge until shortly before serving. If prepared in advance, immerse the chicory in an ice-cold water bath immediately after cooking to preserve the colour, then store in the refrigerator. Before serving, pour the stock from the bag through a sieve into a pan, place the chicory in a small ovenproof dish and heat up with hot air at 160 °C for approx. 15 minutes. While the chicory is warming, reduce the stock by half and then serve everything together as described in point 7.

Accessories

1 small preserving jar with rubber seal and lid (approx. 150 ml)

Baking tray

Vacuum bag

Wire shelf

