



AVOCADO, TONGOLA FARM GOATS CURD, BEETROOTS, TOASTED PEPITA SEEDS, CHARGRILLED SOURDOUGH

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DIFFICULTY

not to difficult

COOKING TIME

less than 30
minutes

SERVES

serves 6

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INGREDIENTS

Salt baked golden beetroots

- 1 large golden beetroot
- 275g rock salt
- 325g plain flour
- 220ml water
- 4ml vegetable oil

Toasted Pepita Seeds

- 100g pepita seeds
- 35ml olive oil
- 2g sea salt

Red wine ginger gel

- 400ml beetroot juice
- 40ml red wine
- 200g sugar
- 50g sliced ginger
- 1g agar to 100ml of liquid

Tongola Goat's Curd

DIRECTIONS

Toasted Pepita Seeds

1. Heat olive oil in a heavy base pan until it starts to smoke lightly then add the pepita seeds and toast until golden brown.
2. Strain off the excess oil and the dry seeds on paper towel
3. Season with sea salt

Salt baked golden beetroots

1. Combine the rock salt, flour, water and vegetable oil together to make dough - rest for 2 hours
2. Preheat oven to 250 degrees
3. Once rested start to form it around the golden beetroot, you want it to be about 5-7 mm thick
4. Once wrapped place on an oven tray and cook at 250 degrees for 30 mins. Remove from the oven and leave until cold
5. Break open and slice thinly on a mandolin

Red wine ginger gel

1. Boil the red wine for roughly 3 minutes to burn off the alcohol
2. Add sliced ginger and allow to infuse overnight
3. Strain liquid and remove the ginger
4. Add the sugar and beetroot juice to red wine
5. Add the required amount of agar, bring to the boil and cook out (1-2 minutes)
6. Pour into a flat try and allow gel to set in the fridge for roughly 5 hours
7. Once set blend until smooth

New York style rye sourdough

Slice 1 inch thick and char grill with olive oil and sea salt

Tongola Goat's Curd

Whisk to a smooth consistency