
BERRIES AND BEET

Mugaritz, p132

Beetroot bubbles

1. Juice beetroot, strain finely
2. Mix 250ml juice with water
3. Blend xanthan gently
4. Blend egg white powder even more gently (make a paste of the egg white first)
5. Vacuum pack and reserve 1 day

Red fruit juice

6. Vacuum pack and cook 70C, 5h
7. Collect the juice, refrigerate
8. Mix juice with oil
9. Add pepper, lemon zest, lime zest

Berries

10. All the berries you can find

Beetroot

11. Heat sugar and water, add beetroot, simmer 2m, reserve pieces

Bubbles

12. Aquarium bubbler

COMMENTS:

BUBBLE MIX:

Beetroot – 500g (for 250g juice)
Mineral water – 750ml
Xanthan – 1.2g
Egg white powder – 20g

FRUIT JUICE:

Mixed berries – 100g strawberries, 25g blackberries, 25g raspberries
EVOO – 100ml
Pepper – 3 colour mix, to taste
Lemon, lime

CANDIED BEETROOT:

Sugar – 200g
Water – 200g
Beetroot – 100g, peeled, diced ~1cm