



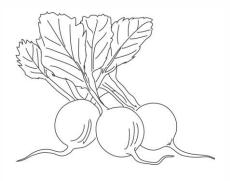
FROTHY BEETROOT SOUP WITH PARMESAN CRISPS AND TATAR



INGREDIENTS

400 gr beetroot 1 tbsp olive oil 1 small, chopped onion 7-10 gr chopped ginger 500 ml vegetable stock 150 gr **cream** 50 gr parmesan cheese 1 tsp poppy seeds 100 gr beef filet 1 small, chopped shallot 1 tsp chopped chives 1 tsp chopped leaf parsley tabasco sauce salt & freshly ground black pepper zest of 1 organic lime Garnish: a few chive blades

ALLERGENES HIGHLIGHTED IN BOLD



PREPARATION

Wash, dry and chop beetroots. Heat up oil in a pot and sauté beetroots, onion and ginger. Deglaze with vegetable stock and allow to simmer in a closed pot for around 20 minutes.

Pre-heat your oven to 140°C CircoTherm. Grate parmesan. Sprinkle parmesan to $8 \text{ cm } \emptyset$ circles on a non-stick baking tray. Sprinkle poppy seeds on the parmesan circles. Bake for ca. 7 minutes on shelf position 3 until the parmesan is golden. Carefully place your parmesan crisps with a ladle on kitchen paper to let some of the fat drain off.

Chop the beef filet finely with a sharp knife. Mix with shallot, chives and parsley and season with tabasco, salt and pepper. Keep refrigerated.

Blend the soup with a mixer and add cream. Season with salt and pepper. Fill soup in glasses and semi-cover each glass with a parmesan crisp. Form appetizing small heaps of tatar and carefully place a bit on each parmesan crisp.

Garnish with two blades of chive and some lime zest. Serve immediately.