

Beetroot

SERVES 4

Beetroot

10 large beetroot

Olive oil

Salt

Pepper

- Wash the beetroot and cut off both ends. Cook en papillote for 3 hours at 180 °C. Peel the beetroot and cut into four pieces as evenly as possible. Season and place on a baking tray to store for 7 hours at 70 °C.
- Store in a cool place.

Citrus vinaigrette

7 oranges

2 grapefruits

2 lemons

1 lime

1 tbsp honey

- Peel the citrus fruit and cut off the membranes.
- Melt the honey in a saucepan, then add the citrus fruit.
- Cook until the juice has evaporated.
- Whisk two tablespoons of the dressing with olive oil and save the rest for the beetroot vinaigrette.

Beetroot vinaigrette

30 g beetroot juice

60 g citrus vinaigrette

85 g tarragon oil

Salt

Pepper

- Put the citrus vinaigrette and beetroot juice in a bowl and whisk in the tarragon oil. Season to taste and cool.

Beetroot crisps

1 beetroot

Salt

- Finely chop the beetroot. Fry at 160 °C, drain on kitchen paper, and salt.

Finishing touches and plating

1 beetroot

2 sprigs of tarragon

Citrus vinegar

- Peel the beetroot and cut into a brunoise. Finely chop the tarragon.
- Arrange the beetroot in a rosette on the plate, with a spoonful of brunoise in the centre, and top with the beetroot vinaigrette. Add a few dots of citrus vinegar and place some tarragon on each dot. Place the crisps in the middle.



