



PRIME RIB OF BEEF WITH PARSNIP PUREE, RED ONIONS AND GLAZED BABY CARROTS



QimiQ BENEFITS

- Creamy consistency
- Binds with fluid - no separation of ingredients



25



medium

INGREDIENTS FOR 4 PORTIONS

FOR THE PRIME RIB

- 1.6 kg** Beef prime rib
- Beef steak seasoning mix
- 20 ml** Vegetable oil

FOR THE PARSNIP PUREE

- 30** QimiQ Cream Base
- 500 g** Parsnips, fresh
- 750 ml** Milk
- 2 g** Garlic

FOR THE RED ONIONS

- 2** Red onion(s)
- Salt and pepper
- Red wine vinegar
- 10 g** Butter

FOR THE GLAZED BABY CARROTS

- 200 g** Baby carrots
- 15 g** Butter
- Sugar
- 60 ml** Chicken stock
- 2 twig(s)** Citrus thyme
- Salt
- Lemon pepper

METHOD

1. Marinate the meat with spices and oil for 120 minutes. Vacuum seal and cook in julabo at 66° C for 30 hours.
2. For the parsnip puree: peel the parsnips and cook with milk and spices until tender. Blend cooked parsnips and QimiQ Cream Base (previously QimiQ Sauce Base) until smooth, season to taste.
3. For the red onions: peel the onions (don't remove the stalk) and cut into 6 pieces. Dissolve the salt and pepper in vinegar. Vacuum seal the onions with vinegar and cook in water bath at 83°C for 15 minutes. Remove the onions, drain and sauté in butter.
4. For the glazed baby carrots: peel the carrots, saute in butter, caramelize with sugar and douse with the chicken stock. Cook with citrus thyme, salt and lemon pepper until done.