



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 Sauce 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 150° F for 30 hours.
2. For the parsnip puree: peel the parsnips and cook with milk and spices until tender. Blend cooked parsnips and QimiQ Classic 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 in vinegar. Vacuum seal the onions with vinegar and cook in water bath at 180°F 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 until done.