



PRIME RIB OF BEEF WITH PARSNIP PUREE



QimiQ BENEFITS

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



25



medium

INGREDIENTS FOR 10 PORTIONS

FOR THE PRIME RIB

3.6 kg	Beef prime rib
	Beef steak seasoning mix
50 ml	Vegetable oil

FOR THE PARSNIP PUREE

80 g	QimiQ Classic
1.2 kg	Parsnips, fresh
1.6 litre(s)	Milk
5 g	Garlic

FOR THE RED ONIONS

5	Red onion(s)
	Salt and pepper
	Red wine vinegar
30 g	Butter

FOR THE GLAZED BABY CARROTS

500 g	Baby carrots
40 g	Butter
	Sugar
150 ml	Chicken stock
4 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.