

TRADITIONAL BEANS

DIFFICULTY LEVEL: ●●● Medium

ASSISTANCE:



PORTIONS:



INGREDIENTS

FOR THE BEANS:

- 60 g avocado cream
- 60 g beans, sautéed

- 8 g sweet tomatoes
- 8 g of grain topping
- 12 quinoa crisps
- Edible flowers

FOR THE AVOCADO CREAM:

- 500 g avocados
- 8 g coriander
- 4 g salt
- Juice of 4 lemons

FOR THE SAUTÉED BEANS:

- 60 g cooked beans
- 8 g red onion, *Brunoise* cut

- 4 g garlic, minced
- 4 g ginger, chopped
- 20 ml sesame seed oil
- Salt to taste
- Pepper to taste

FOR THE SWEET TOMATOES:

- 200 g cherry tomatoes
- 300 g honey

FOR THE GRAIN TOPPING:

- 50 g corn nuts
- 35 g ground coffee
- 50 ml honey
- 20 g plain flour
- 15 g unsalted butter

FOR THE QUINOA CRISPS:

- 50 g black quinoa



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METHOD

FOR THE AVOCADO CREAM:

- 1 Add all of the ingredients to a blender and whizz until you have a smooth cream. Put aside in the refrigerator.

FOR THE SAUTÉED BEANS:

- 1 In a frying pan, sauté the garlic with the onion and ginger, add the beans and sauté for approximately 2 minutes, season with salt and pepper to taste, add the sesame oil and remove from heat. Refrigerate.

FOR THE SWEET TOMATOES:

- 1 Cook the tomatoes with the honey over low heat until syrupy. Remove from heat when the honey thickens and leave the tomatoes in the liquid.

FOR GRAIN TOPPING:

- 1 Temper the butter until smooth. Grind the corn to a coarse crumble. Combine all of the ingredients in a bowl until they come together into a kind of dough. Roll out the dough on a plate or tray and bake in the oven at 150°C for 10 minutes. Remove from the oven, let it cool and store in an airtight container.

FOR THE QUINOA CRISPS:

- 1 Place the quinoa in a blender with a little water and blend until it is completely ground. Place the mixture in a saucepan and cook for 10 minutes over medium heat. Spread out the mixture on a baking sheet in a very thin layer and bake it in the oven at 120°C for approximately 30 minutes. Remove from the oven and store in a dry place.



To serve

- 1 On a cold plate, place a layer of avocado cream as a base. Scatter the sautéed beans on top of the avocado cream to make it look like a garden, stick the quinoa crisps (or any other crisps) into the avocado cream and add the chopped sweet tomatoes. Finish by scattering the grain topping across the plate. Garnish with edible flowers to serve. Serve cold.

Brunoise cut: Cut involving dicing the food item into very small (1-3 mm) and homogeneous cubes for even cooking.

Tempering: Cooking technique involving adjusting the temperature of an ingredient or bringing multiple ingredients to the same temperature.