



Heart of Tender Mini Vegetables with Castaño Garlic.



DIFFICULTY
HIGH



CUISINE
MEDITERRANEAN



SERVES
2



TYPE OF DISH
STARTER



PREPARATION TIME
35 MINUTES



TYPE OF GARLIC
CASTAÑO

Ingredients

- 6 Cloves of Castaño Garlic
- Beet powder
- 8 Mini Courgettes
- 4 Mini Carrots
- 100g Isomalt Sugar
- Red Food Colouring
- Extra Virgin Olive Oil

Step by Step



1. Peel and roughly chop the cloves of Castaño garlic.
2. Peel the mini carrots and cut into small rounds.
3. Repeat with the mini courgettes, cutting them into slices.
4. Pour the isomalt sugar in one go into a small saucepan over a low heat and leave to cook until it reaches a transparent liquid form.
5. Next, add a few drops of red food colouring, give everything a good stir, and leave over the heat for a few minutes, until the mixture reaches about 130 °C. At this point, remove from the heat and leave to temper for a few seconds.
6. Pour the mixture into a hemisphere baking mould, making sure to spread it out evenly along all the edges. Leave to cool and remove from the mould once chilled and completely set in a solid shape.
7. Add a good lug of olive oil to a pan over a medium heat and then add the garlic, courgettes and carrots. Once golden, remove from the heat.

FINISHING THE DISH:

8. Use a sheet of baking paper to draw and cut out a heart, which will provide you with your stencil. Place the heart in the middle of a flat plate and sprinkle the beet powder over the edges. Carefully remove the stencil to reveal the romantic design beneath.
9. Arrange the sautéed vegetables and Castaño garlic in the middle of the heart, and place the sweet caramel dome just off-centre in the corner.
10. Pour a little of the remaining oil from the frying pan over the top, season to taste and enjoy the dish with good company.

CHEF'S TIPS Miguel Ángel Mateos:

- In order to get the heart shape right, before sprinkling over the beet powder, you can wet the tip of your finger and pass it gently over the plate following the edge of the stencil, which will cause the powder to stick and make it easier to get the right shape.
- You can add whatever mini vegetables take your fancy, which you can combine to your taste.
- The garlic cloves should first be cooked over a low heat until softened, at which point you can turn up the heat so that they begin to take on a golden colour.
- Make sure to take care when using the isomalt sugar, as it burns just like normal caramel, only is a little easier to work with.