

甜菜根是一种具有很高食疗价值的根茎菜，有助于预防贫血，也可以舒缓腹胀。Chef Jason 用他精湛的摆盘手艺，让甜菜根漂亮地呈现于盘中，就算不喜欢甜菜根的土腥味，也会被这美丽的“南瓜卷沙律虾拌甜菜根奶酱”勾起食欲。

用不油腻的方法烹调，另配上萝卜、芹菜、南瓜等营养价值高的蔬菜，这道料理在养生菜中自然占有一席之地。



南瓜卷沙律虾伴甜菜根奶酱

4人份

用料

甜菜根4个、杂菜2大匙（混合灯笼椒丁、萝卜丁和芹菜丁）、原味优格4-5大匙、AOX水1.5公升、鲜虾8只、UHT牛奶250毫升、牛油10克、南瓜400克、春卷皮8张

腌味料（混匀）

橄榄油3大匙、蒜头3瓣（去皮切片）、鲜百里香1支、盐和胡椒粉适量

做法

1. 准备腌味甜菜根：把甜菜根和腌味料混拌。预热烘炉至180°C，烘烤甜菜根15至20分钟至香软。
2. 用刀具把甜菜根切成圆形，在中间挖个洞，加入混匀的杂菜和优格。凿出的甜菜根切碎待用。
3. 在大锅中把AOX水煮滚，加入虾只小火煮滚。取出浸入冰水，剥壳待用。
4. 在平底锅中，加入牛奶、牛油和3汤匙切碎的香烤甜菜根，热煮一会儿后，用手持搅拌器搅拌成幼滑的甜菜根奶浆。加入盐和胡椒粉调味。
5. 把南瓜蒸至熟软。用春卷皮裹入南瓜泥卷成圆筒，接着用大火炸至金黄色和香脆。
6. 把所有煮熟的用料摆入盘中即可。



Baked Beetroot with Prawn Salad, Crispy Pumpkin Roll, Vegetable Yogurt and Beetroot Emulsion

serves 4

Ingredients

4 fresh beetroots, 2 tbsp assorted vegetables (diced capsicum, carrot and celery), 4-5 tbsp plain yogurt, 1.5 litres AOX water, 8 fresh prawns, 250ml UHT milk, 10g butter, 400g pumpkin, 8 spring roll wrappers

Marinade (mix well)

3 tbsp olive oil, 3 cloves garlic (peel and slice), 1 stalk fresh thyme, some salt and pepper

Method

1. Prepare Marinated Beetroots: Combine beetroots and Marinade. Preheat oven to 180°C. Bake for 15-20 mins until soft.
2. Peel and cut beetroots with round cutter. Dig a hole in the centre. Stuff vegetables and yogurt into the hole. Set aside the beetroot flesh that has been dug out for use later.
3. Bring AOX water to a boil in a pot. Add prawns and simmer until cooked. Remove and immerse in ice water. Shell and set aside.
4. In a sauce pan, add UHT milk, butter and 3 tbsp beetroot flesh that has been chopped. Warm and blend with hand blender until the mixture becomes emulsion. Add salt and pepper to taste.
5. Steam pumpkin until soft and wrap mashed pumpkin into spring roll wrapper. Deep-fry until golden brown over high heat.
6. Arrange all cooked ingredients on plate and serve.