

Lacto-fermented vegetables, basil oil Sang-Hoon Degeimbre

Basic recipe for lacto-fermented vegetables

800 g seasonal vegetables (e.g. carrots, old variety
carrots, pearl onions, beet or daikon radish)
40 g garlic
15 g fresh ginger
1 pear or apple
½ bunch scallions
70 g salt
1 l water

Lacto-juice

300 ml fermented brine (see recipe section “Basic recipe for lacto-fermented vegetables)
150 g cold butter
Lemon juice
Salt

Basil oil

150 g fresh basil leaves
200 g grape seed oil

Pepper coulis

300 g red peppers
75 g onions
1 tbsp. olive oil
25 g cold butter
Salt

Sweet potato crème

300 g sweet potatoes, peeled
60 g butter
4 g salt
3 g paprika

A selection of vegetables (fermented – steamed – raw)

100 g mixed lacto-fermented vegetables (see recipe section “Basic recipe for lacto-fermented vegetables”)
80 g raw seasonal vegetables
20 g pickled Chinese cabbage (kimchi)
80 g fresh mixed seasonal vegetables
(e.g. peas, green asparagus tips, four-leaf
sorrel root, nasturtium root, chervil root)
10 g butter

Plating

Mixed edible seasonal flowers
(e.g. violet, ajuga, allium) Delicate seasonal salad leaves and herbs (arugula, red-veined dock,
sorrel)

Basic recipe for lacto-fermented vegetables

Each type of vegetable is fermented separately. Wash the vegetables and place each type in its own large conserving jar. There is no need to peel or chop the vegetables. Lightly crush the garlic and add. Cut the ginger into thick slices and add to the vegetables. Cut the scallions into large pieces and also add. Add the salt and mix. Allow the salt to draw the water of the vegetables for 4 - 5 hours. Then pour 1 l cold water over the vegetables and seal the jars tightly. Store for around 10 days at a temperature of 20 - 22°C and then in the refrigerator for a further 10 days. The fermented vegetables can be kept for 1 year if stored in a cool place.

Lacto-juice

Bring the brine to the boil and reduce the liquid slightly. Then whisk in the cold butter a little at a time. Season with lemon juice and salt and serve warm.

Basil oil

Blanch the basil leaves, then plunge into ice water and squeeze the water out thoroughly. Blend the grape seed oil and the blanched basil leaves in a Thermomix for 20 minutes at 80°C. Place a bowl over a bath of ice cubes. Strain the mixture through a cheesecloth and allow the basil oil to drip into the bowl. Then refrigerate..

Pepper coulis

Wash the peppers and dice. Peel the onions and dice. Saute the diced peppers and onions in olive oil until soft. Blend to a fine consistency in a Thermomix and whisk in the butter. Season with salt and refrigerate.

Sweet potato crème

Chop the sweet potato into cubes and vacuum seal with the butter, salt and paprika. Then steam in a steam oven at 100°C until soft. Then blend the ingredients to a fine consistency. Serve the sweet potato creme warm.

A selection of vegetables (fermented – steamed – raw)

Cut the mixed lacto-fermented vegetables and the mixed raw vegetables into random slices, cubes and triangles and put to one side. Roll the pickled Chinese cabbage into small rolls and put to one side. Wash the fresh mixed vegetables and cut into random shapes. Melt the butter in a pan and saute the vegetables until al dente.

Plating

Place some warm sweet potato creme in the middle of 4 deep bowls. Arrange the lacto-fermented vegetables, sauteed vegetables and raw vegetables on top of the creme. Squeeze pepper coulis into the free spaces. Then garnish with edible petals, and delicate salad leaves and herbs. Stir the basil oil into the lacto-juice with a tablespoon and pour into the bowls when serving.