

Parmesan cheese sphere, dried tomato, beet hummus, coriander leaf |

Recipe for 12 tapas



Description

A very appealing recipe, a mouthful of flavor.

Note

A recipe with few ingredients is usually based on the technique and the quality of the raw materials.

If you wish to add water to reduce the amount of fat, this may whiten the beet color.

Ingredients

Parmesan cheese sphere

- 200 Gr Grated parmesan
- 4 Unit(s) Egg white
- Salt and pepper

Beet hummus

- 155 Gr Chick peas can (540ml)
- 155 Gr Cooked beet
- 1.50 Clove(s) Garlic
- 1.50 Tbsp Coriander
- 45 Ml Tahini
- 45 Ml Olive oil
- 45 Ml Lemon juice
- 1 Tsp Salt
- 15 Ml Roasted sesame oil
- Salt and pepper

Dried tomato and finish

- 6 Unit(s) Sundried tomatoes
- 2 Tbsp Water

- 1 Tsp Olive oil
- 6 Sprig(s) Coriander

- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Deep fryer** at **375 F°**

Setting up

If you don't have pre-cooked beet, cook the beet in salted water, make sure they're tender, then drain, peel, cool and chop.

Drain the chickpeas.

Coarsely chop the sun-dried tomatoes.

Thin out the coriander leaves, reserving some for the finishing touch.

Grate the Parmesan into a bowl.

Parmesan cheese sphere

. Add the egg whites to the bowl with the Parmesan, and mix with a fork.

Make balls between your hands (18 units), each weighing 25 g. Carefully place the Parmesan balls in the hot fryer, making sure they are nicely colored.

Drain on paper towels.

Beet hummus

Place all the ingredients in a blender and run on medium speed.

Stir regularly with a spoon to ensure thorough mixing. Increase the speed to smooth out the hummus.

Add pepper if desired.

Dried tomato and finish

In a food processor, place the dried tomatoes, add the oil and water (the amount of liquid may vary depending on the consistency we want to have of our puree).

Check the seasoning with salt and pepper.

Thin out the leaves of the parsley.

Assembly

Place the Parmesan spheres on a bed of beet hummus.

Top with sun-dried tomato purée and finish with a coriander leaf.

Bon appétit!