

Sweet potato, mushroom dashi, sunflower condiment, lemon, onion marmalade

Recipe for 4



Description

A silky dish around the sweet potato, accompanied by a mushroom broth, and condiments full of surprises.

Note

For the base of the dashi broth, ideally, soak the dry Kombu seaweed the day before in cold water. The next day, you will use this infusion to start your dashi.

The choice of mushrooms can vary according to your taste.

Ingredients

Dashi

- 1 Liter(s) Water
- 100 Gr Kombu
- 20 Gr Dried shiitake
- 35 Gr Morille mushroom
- Butter
- Salt and pepper
- Olive oil
- 2 Unit(s) Yellow onion
- 50 Gr Butter
- 1 Tbsp Olive oil
- 1 Tsp Apple cider vinegar
- Butter
- Salt and pepper
- Olive oil

Sunflower condiment

- 25 Gr Sunflower seeds
- 1 Tbsp Chives
- 1 Tsp Flat parsley
- 1 Tsp Vegetable oil
- 0.50 Unit(s) Lemon

Sweet potato

- 500 Gr Sweet potatoes
- Butter
- Salt and pepper
- Olive oil

- 0.50 Unit(s) Green onion
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **380 F°**

Setting up

Peel the shallot and chop it finely.

Peel the onions and chop them.

Thin out the flat parsley, then chop it, finely chop the chives

Zest the lemon and take its juice.

Put the sunflower seeds in the oven for 4 to 5 minutes to roast them.

Peel the sweet potatoes and slice them into 2 cm thick rounds.

Ciselez l'oignon en sifflet (biseau)

Dashi of mushroom

Immerse the kombu leaves at least 3 hours before in cold water (1 liter).

Add the dried mushrooms (shiitake and morel), put the broth on the fire, bring the broth to a simmer for 15 minutes. Then let the broth infuse for a good hour.

Strain it when serving and adjust the seasoning with salt and pepper.

Oignon marmelade

In a frying pan, brown the onions with a good knob of butter and olive oil, season with salt. Once a first coloring is obtained, moisten with water, let the reduction is done in totality.

Continue cooking to obtain a nice caramelization. Then place the onions in a small blender, add the cider vinegar, salt, pepper and puree.

Sunflower condiment

In a bowl, mix the roasted sunflower seeds, parsley, chives, lemon juice (1 tsp.) and zest.

Adjust the seasoning with salt and pepper and set aside in the refrigerator.

Sweet potato and mushroom

Sweet potato

Season the surfaces of the sweet potato slices with salt.

In a hot pan with vegetable oil, place the sweet potato slices, giving them a nice color on each side.

Arrange the slices neatly on a baking sheet with baking paper.

Put them in the oven for 8 to 12 minutes to finish cooking, make sure they are soft when they come out.

Mushrooms

In the same pan, brown the shallots, then add the morels (whole or halved depending on size) and a few finely sliced heads of Shiitake.

Dressing of the plate

In a slightly hollow plate, ideally, place two nice slices of sweet potatoes (for an appetizer), four (for a dish), slightly overlapping.

Place dots of onion marmalade here and there, place the sunflower herb condiment nicely.

Place the mushrooms, zest a little lemon over the whole plate.

Fill small pitchers with Dashi broth, which will be poured onto the plates at the table ideally.

Bon appétit!