

Miele

NZ scampi, persimmon and beetroot with shiso and shiitake dressing

By Michael Meredith

30 minutes

Preparation Time

2 hours

Cooking Time

12 serves

Serves



INGREDIENTS

2 large yellow beetroot
100 g Brussels sprouts
36 large scampi tails, shelled and deveined

Toasted rice

½ cup basmati rice

Shitake dressing

60 ml lime juice
60 ml water
100 ml fish sauce
1½ tsp brown sugar
½ knob ginger, finely grated
1 small garlic glove, finely grated
½ cup grapeseed oil
80 g shitake mushrooms, thinly sliced and sautéed in sesame oil

METHOD

1. Wrap the beetroot in aluminum foil, place on a universal tray. Roast in the oven on Fan Plus for 2 hours or until soft.
2. Remove from the oven and cut into wedges. Set aside.
3. Discard the outer leaves of the Brussels sprouts and separate the inner leaves until the leaves are separated.
4. Place into a perforated steam container and Steam at 100°C for 1 minute. Cool and set aside.
5. Season scampi tails with salt and pepper.
6. Heat a frying pan on high heat, induction setting 8 and add oil. Once the oil is hot, pan fry the scampi tails to medium rare, approximately 1 minute each side.

Toasted rice

1. In a frying pan, place the rice and toast on medium high heat, induction setting 7 until brown in colour. Lightly crush in a pestle and mortar.

Shitake dressing

1. Combine lime juice, water and fish sauce in a medium-sized bowl. Add sugar, ginger and garlic and whisk until sugar is dissolved. Whisk in the grapeseed oil.
2. Add the shitake mushrooms just before dressing the salad.

To serve

1. Cut the persimmon into wedges, a similar size to the beetroot. Mix the beetroot and persimmon in a bowl with a little bit of dressing. Add the steamed Brussels sprouts and herbs.
2. Place cooked scampi on the plate and arrange the rest of the salad on top. Spoon over the shitake dressing and sprinkle with some the crushed toasted rice, coriander leaves and shiso leaves.

Hints and tips

- The steam oven's Blanch function can be also used to steam the Brussel sprout leaves. This function is found under Special Applications.