Chinese vegetable salad



Used bresc products



Bresc Red chilli puree
450g

Ingredients

10

- 3 head of cauliflower
- 3 packets bimi (asparagus broccoli)
- 500 g soy beans
- 5 heads Shanghai pak choi
- 8 stalks spring onion
- 250 g bean sprouts
- 3 red onion
- 250 g Bresc Soy & black garlic rub
- 125 g sushi ginger
- 13 g roast sesame seeds
- 25 g sesame oil

For the brine:

- 40 g salt
- 5 dl water
- 5 star anise
- 8 cloves
- 25 g Bresc Red chilli puree
- 5 g fennel seed

Preparation method

Pickle the cauliflower in the brine and vacuum-pack it. Pickle it for 4 to 5 days, depending on the size. Chop the pak choi coarsely into lozenges. Cut the bimi stalks in half lengthways. Slice the spring onions into rings. Drain the ginger and mix it into the soy sauce. Mix in the sesame seeds, garlic and half the spring onion.

Pre-heat the oven to 160 degrees. Marinate the cauliflower in the rub. Fry it, then cook it in the oven until tender. Stir-fry the bimi, onion and pak choi. Add a little rub and allow to cool slightly. Mix in the soy beans and bean sprouts. Cut the cauliflower into slices and assemble the salad.

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