

CARROT AND RED CABBAGE MOUSSE



INGREDIENTS : (serves 20)

- 1 kg carrots
 - 1 kg red cabbage
- Vinaigrette**
- 40 cl oil
 - 10 cl wine vinegar
 - 20 g mustard
 - 1 egg
 - 20 g chopped parsley
 - Salt (depending on diet)

EQUIPMENT USED :

- CL50 vegetable preparation machine
- ROBOT-COUPÉ Blixer 5 Plus

PREPARING THE VEGETABLES : Peel, wash and disinfect the vegetables. Using the CL50, fitted with a 1.5 mm grating disc, grate the carrots. Next, fit a 1 mm slicing disc to shred the red cabbage.

TO MAKE THE MOUSSES : Make a vinaigrette in the bowl of the Blixer 5 Plus. Combine the egg, mustard, wine vinegar and seasoning, then add the oil and herbs. Reduce the grated carrot to a mousse in the Blixer, using the vinaigrette to lighten the texture. Do the same with the shredded cabbage.

PRESENTATION : Arrange the mousses in a hors-d'œuvre dish or on a plate, using a grooved piping nozzle, and decorate with parsley.

NUTRITIONAL VALUE PER PERSON :

Calories : 224 – Protein (in g) : 1.85 – Fat (in g) : 20.6 – Sugars (in g) : 8.1