

COMPRESSED WATERMELON



0 made it | 0 reviews



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Compressed Watermelon served with Persian Feta, Olive Paste, Basil Pearls and Micro Herbs, dressed in a Balsamic Glaze and dusted with Oil Powder.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

COMPRESSED WATERMELON

100g Persian Feta Cheese **Watermelon Compress**

- ½ Watermelon, fresh, cut into cubes for compressing (4cm x 4cm)
- 100g Balsamic Vinegar
- 5g Salt
- 2g Pepper
- 375g Sugar
- 515ml Water
- 25ml Vodka
- 125g White Balsamic vinegar
- 3 bunches basil

Olive Paste



- 100g Olives
- 1 Bunch Basil
- ½ Bunch of Parsley
- 4 Stems of Mint
- 1 Garlic Clove
- 60ml Oil

Micro Greens

- 1pnt Micro Green Basil
- 1pnt Micro Purple Basil
- 1pnt Micro Red Kale
- 100g Kalamata Olives
- 4 bunch Basil
- 140ml Olive Oil
- 25g Tapioca Maltodextrin
- 1 Garlic cloves, crushed
- ½ Bunch of Parsley
- 4 Stems of Mint

Basil Pearls

- 60g Basil
- 140ml Water
- 1.8g Sodium Alginate
- 55g Sugar
- 500ml Water
- 2.5g Calcium Chloride

Oil Powder

- 80ml Oil
- 25g Maltodextrin
- Tapioca Powder
- Salt to taste

Methods and Directions

COMPRESSED WATERMELON

Watermelon Compress

- Heat water and sugar over medium heat, stirring to dissolve all the sugar.
- Once the mixture has come to a simmer, remove from heat, add flavours (basil, vodka, balsamic)



and then cool.

- Vacuum Seal Watermelon Cubes with the infusion syrup using a vacuum sealer machine. You want all of the liquid contracted into the watermelon when compressed in vacuum machine.

Olive Paste

- Plate all ingredients into a robot coupe and blitz until smooth. Make sure you get quality olives so it's not too salty and overpowering for the dish.

Micro Greens

- Toss all ingredients together.

Basil Pearls

- Blend water and calcium chloride together for 20 seconds and reserve in a bowl.
- In a saucepan combine sugar and water, bring to boil, remove from heat and add basil.
- Puree for 1 minute until bright green then add sodium alginate.
- Strain this liquid and add to the caviar tray and dispense into calcium bath*. Remove from the caviar tray once they form and rinse in clean water.

*Take your time when making this – try not to rush! You will get good quality pearls.

Oil Powder

- Whisk together the salt, olive oil, tapioca.
- Maltodextrin until it becomes a powder, adding a bit more Maltodextrin if necessary.
- Pass through a sieve to make it fluffier, if necessary.

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