



Recipe 4 – Emulsion

Tahoon Cress oil, Tahoon Cress mayonnaise crostini with chargrilled artichoke

Servings

Two

Ingredients

- ¼ x Demi baguette
- 2 punnets Tahoon® Cress
- 230 ml Grapeseed oil
- 1 x Egg yolk
- ½ tsp Cider vinegar
- ½ tsp Dijon mustard
- Pinch Sea salt / White pepper
- 120 g Brined artichoke quarters

Equipment

- 1 x Small oven tray
- 1 x High speed blender
- 1 x Bowl
- 1 x Whisk
- 1 x Griddle pan
- 1 x Tongs

Method

- Preheat the oven to 200°C / fan 180°C.
- Cut the baguette into thin slices then place onto the oven tray and drizzle with one tablespoon of the oil. Toss to coat and place in the oven for 10–12 minutes while you prepare the rest, they should be golden brown and crispy.
- Cut the Tahoon® Cress and drop all but a small handful straight into a high speed food blender (Nutribullet, Thermomix or Vitamix style) then add 200 ml of the grapeseed oil and blitz until totally smooth, you want the oil to become only just warm – too cold and it'll not emulsify, too warm and it'll lose its colour, turning a muddy green. (**Tip!** The best way is to keep your hands onto the Nutri bullet as it starts to warm you'll see it start to emulsify it's at this point you can stop).
- Place the eggs, vinegar, mustard, pinch of salt and pepper into the bowl. Whisk together then gradually pour on the green oil, whisking all the time until the oil emulsifies with the eggs, and forms a loose mayonnaise.
- Set aside then heat the griddle pan until really hot, toss the artichoke quarters with the remaining tablespoon of oil and tip onto the griddle. Cook on each side for 1–2 minutes until hot through and charred.
- To assemble – place the crostini onto a plate, top with the griddled artichoke and then spoon the Tahoon® Cress mayonnaise on top. Use the remaining Tahoon® Cress as topping.

Note: If you want a really clear oil, pass through muslin set over a fine sieve, or a coffee filter leaving it to drain over night without pressing or squeezing it through. This will remove any pulp and leave the oil beautifully clear green. The pulp maybe dried or added to pasta dough or bread.