

## White beans purée with prawns and rosemary

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White beans purée is a refined dish with a delicate consistency, excellent for those looking for an alternative to the classic legume soup.



16h



4 people

### Ingredients

600 gr White beans  
16 Whole prawns  
a.r. Rosemary  
a.r. Salt  
a.r. Pepper  
a.r. Celery  
a.r. Carrot  
a.r. White onion  
a.r. E.V.O. Oil

## Procedure

Soak the white beans in cold water for 12 hours.  
Drain and rinse the beans from their liquid. Place them in a vacuum-packed bag with the addition of a pinch of salt, a diced piece of celery, carrot and onion.  
Put in the oven following the instructions in the chart below.  
Chop the rosemary separately.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	95°	2h40'	/	100%	V5	ON

Meanwhile shell the prawns, keeping the tail attached as a decorative element.  
Then put them in a tray with baking paper, season with a round of E.V.O. oil and proceed with cooking following the chart.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	210°	10'	/	0%	V3	ON

Once cooked the beans extract them from the bag and let them cool down.  
Proceed by blending the legumes to obtain a homogeneous cream.

## Plating

Pour the cream into the dish, place four shrimp in a fan shape on the surface of the cream, then complete the dish with a sprig of rosemary, a round of oil and a pinch of pepper.

## Chef's tips

Respecting the rest and cooking time of the beans carefully,  
will allow for a more digestible purée.  
Shelling the prawns, make a small incision on the back to extract  
the thin intestine; this will avoid a bitter aftertaste once cooked.