



Pot au Feu



Preparation Mushroom essence

Bring the vegetable stock briefly to the boil and pour it over the dried porcini mushrooms and the chanterelles, soak the mushrooms in the liquid and leave to cool again. In the meantime, dice the onions and celeriac and fry them in a deep pan with a little sunflower oil until they turn dark, add the finely chopped mushrooms and garlic, and sauté until almost no fluid is left running out of the mushrooms and the celeriac. Pour the sherry over the vegetables, add the celery, herbs and spices and pour in the cooled vegetable/mushroom stock. Slowly bring everything to the boil over a low heat and let it stand for 40 mins. Remove the vegetables from the broth (reserve some of the chanterelles) and pour through a coffee filter. Reduce the mushroom broth to the desired thickness and season to taste with a little salt and the truffle juice. Tip Of course the soup can also be prepared without truffles.

Rezept für 4

Ingredients Mushroom essence

25 g dried porcini mushrooms
25 g dried chanterelles
600 g mushrooms
200 g onions
100 g celery
100 g celeriac
1 clove of garlic
1 l vegetable stock (from scraps)
100 ml dry sherry
50 ml truffle juice
sunflower oil
1 sprig of thyme
1 sprig of rosemary
1 bunch of parsley
1 bay leaf
1 tsp mustard seeds
black pepper
salt

Ingredients Portobello chickpea cannelloni

1-2 large Portobello mushrooms
200 g dried chickpeas
50 ml olive oil
50 ml water
50 g tahini (sesame paste)
2 lemons
1 clove of garlic
salt, pepper
cumin



Preparation Portobello chickpea cannelloni

Soak the chickpeas in cold water for 24 hrs., rinse, return to cold water and cook for approx. 90 mins. until soft. Puree the warm chickpeas with the olive oil, tahini, garlic, lemon juice and zest in a food processor until soft (adding water if necessary), pass the splash-proof chickpea paste through a sieve and season to taste with salt, pepper and cumin. Add a little more lemon juice and olive oil as desired. Halve the Portobello mushroom down the middle and slice thinly using a mandoline or food slicer. Arrange the mushroom slices side by side on a piece of cling film, season with salt and olive oil, spread the chickpea puree over the lower halves of the mushroom slices and roll up with the help of the cling film.

Preparation Grilled pointed cabbage

Rub the oil into the pointed cabbage and season. Preheat the oven to Hot air 230°C and roast the cabbage on the middle shelf for approx. 60-90 mins. The cabbage is done when you can insert a knife fairly easily. Remove the burnt outer leaves from the cabbage and slice widthways into portions. Tip Cabbage prepared in this way, tossed in a little brown butter and served with a simple shallot & herb vinaigrette, makes an excellent main course and an extremely tasty alternative to meat.

Preparation Braised celeriac

Wash the celeriac thoroughly as we want to eat the skin too, rub with oil and season. Preheat the oven to 160°C (fan) and roast the celeriac on the middle shelf for approx. 60-90 mins. The celeriac is done when you can insert a knife fairly easily. Once cooked and cooled, halve the celeriac and cut both halves like a cake into 16-32 pieces, according to preference.

Preparation Betterave sous vide

Peel the beetroot, cut into equal approx. 0,5 cm thick slices and place in a vacuum bag. Make a strong vinaigrette using the remaining ingredients and add this to the bag containing the beetroot. Seal the vacuum bag and place in the preheated steamer. Steam at 85°C for 90-120 mins.

Anrichten

To the video!

Ingredients Grilled pointed cabbage

1 small pointed cabbage
salt, pepper
sunflower oil

Ingredients Braised celeriac

1 small celeriac (approx. 200 to 300 grams)
salt, pepper
sunflower oil

Ingredients Beetroot sous vide

1 red beetroot
1 shallot, diced
100 ml beetroot juice
50 ml pumpkin seed oil
30 ml white balsamic
salt, pepper