

# Lemongrass panna cotta with chickpeas and couscous



## To prepare the lemongrass panna cotta

Soak the gelatine. Crush and finely chop the lemongrass sticks and ginger. Add the cream, bring to the boil, season to taste with salt and sugar, reduce slightly and leave to infuse for 2 hours. Strain the mixture and bring to the boil once more, add the gelatine and cool slightly over an ice bath, stirring constantly. Add the cream cheese and once again allow to cool slightly. Pour the mixture into moulds before it solidifies, then chill for 12 hours.

## To prepare the couscous

Mix the couscous with the olive oil. Bring the water to the boil with the various spices, strain and pour over the couscous while hot. Cover and leave to stand until all of the liquid has been absorbed. Reheat with a little liquid in the microwave or on the hob and serve

## Rezept für 4

### Ingredients for the lemongrass panna cotta

200 g cream  
4 sticks of lemongrass  
20 g ginger  
3 gelatine leaves  
250 g Philadelphia cream cheese  
a squeeze of lemon juice  
salt, sugar

### Ingredients for the couscous

100 g couscous  
5 g olive oil  
100 g water  
curry powder  
turmeric  
five spice powder  
pepper  
mustard seeds, bay leaf, clove

### Ingredients for the chickpea balls and ragout

250 g chickpeas  
20 g vegetable brunoise  
chilli  
5 g coriander  
10 g onions  
a little garlic  
five spice powder, curry powder, salt and pepper  
sesame oil and seeds  
5 g cornflour



### **To prepare the chickpea balls and ragout**

Soak the chickpeas for 12 hours. Strain 200 g of chickpeas and blitz briefly. Finely chop the coriander, onions and garlic. Add all of the ingredients to the blitzed chickpeas and season to taste. Shape into small balls and deep fry at 170 °C. Cook the remaining 50 g of chickpeas until soft and glaze with a little butter.

### **To prepare the lemon confit**

Peel the lemons with the peeler, discard the yellow peel. Separate the white part of the peel from the flesh using a knife and chop both into small cubes. Place in a bowl and weigh. Add a quantity of sugar corresponding to half of the weight of the lemon mixture. Add the bay leaf and clove, leave to infuse for 12 hours. Reduce in the same way as jam and leave to cool.

### **To prepare the lemon chips**

Bring the water and sugar to the boil, then leave to cool. Cut the lemon into thin slices, dip in the sugar water and place on a tray lined with baking paper. Leave to dry at 80 °C for 6-8 hours, turning occasionally.

### **To prepare the preserved lemons**

Slice the lemons into quarters, leaving the ends attached. Steam the preserving jars at 100 °C for 10 minutes. Spoon the first lot of salt into the lemons and pack the fruit into the preserving jars along with the spices. Bring the water, salt and sugar to the boil, pour over the lemons while hot (the lemons must be completely covered with the liquid), seal immediately. Leave the lemons to ferment in a cool, dark place for 4 weeks. Once opened, keep in the fridge. The peel is particularly ideal for eating.

### **To prepare the lemongrass foam**

Crush and finely chop the lemongrass and ginger. Sauté the light mirepoix in sesame oil until translucent, add the ginger and lemongrass. Cover with white wine and top up with coconut milk. Add the coriander, lime leaf and chilli pepper, simmer gently for 30 minutes. Blend, strain and season to taste. Return to the boil and froth up before serving.

#### **Ingredients for the lemon confit**

3 lemons  
approx. 80 g sugar  
clove and bay leaf

#### **Ingredients for the lemon chips**

1 organic lemon  
50 g sugar  
50 g water

#### **Ingredients for the preserved lemons**

4 organic lemons  
20 g salt  
200 g water  
8 g salt  
2 g sugar  
bay leaf, chilli pepper and clove

#### **Ingredients for the lemongrass foam**

200 g coconut milk  
4 sticks of lemongrass  
20 g ginger  
80 g light mirepoix  
10 g sesame oil  
50 g white wine  
coriander seeds  
1 lime leaf  
½ chilli pepper  
salt