

Recipes

ROASTED GNOCCHI WITH ROCKET

For 2 people

Preparation time: ca. 25 minutes + 1 hour baking time + ca. 30 minutes to cool

Ingredients:

- 400 g floury potatoes - the Agria variety works well
- 1 egg yolk
- 70 g potato starch
- Salt
- 2 T olive oil
- 2 handfuls of rocket
- 2 T parmesan

Preheat the oven to 180 °C. Bake the potatoes for one hour in a pan, then let them cool for a short time. Halve the potatoes and scoop out the skins, then press the baked potatoes using a potato ricer. Mix in the egg yolk. Let the potato/egg mixture cool, then mix in the potato starch. The dough should be fairly firm.

Sprinkle some starch onto your work surface, then roll the dough out to 1.5 cm rolls. Cut the rolls into bite-sized gnocchi. Next, boil water, salting it well. Cook the gnocchi in the boiling water portion by portion, cooking for about 3 minutes per batch. Skim the gnocchi out of the pot using a slotted spoon. Mix the gnocchi with olive oil and the rocket, then plate and sprinkle with parmesan.

Tips:

- Instead of using a potato ricer, press the potatoes through a sieve.
- Salt your water heavily as there is no salt in the gnocchi dough. The dough purposefully does not contain salt as it absorbs water. This would ruin the firm consistency of the gnocchi.
- Cook the potato skins in broth or bouillon, as it gives them a wonderful, roasted flavour.
- In the winter you can use radicchio instead of rocket.

QUINOA SALAD

For 2 people

Preparation time: ca. 40 minutes

Ingredients:

- ½ a bunch of chives (use the green part of the plant)
- 1 carrot
- ½ zucchini
- 2 T rapeseed oil
- 125 g quinoa
- 700 ml vegetable bouillon
- ½ lemon
- 2 T rice vinegar
- ½ tsp. powdered sugar
- Fleur de Sel

Finely chop the stalks of the chives, then wash the carrot and zucchini and cut them into cubes or slices. Steam the chives with a little rapeseed oil. Add the quinoa and cook with the chives for a few minutes. Then, add the bouillon and cook at a simmer for 15 minutes. Add the carrot and zucchini and more bouillon if needed. Cook for another 15 minutes, then let it cool.

Zest the lemon and press out the lemon juice. Mix the zest and lemon juice with the rest of the oil, vinegar and powdered sugar to create a sauce/marinade. Pour the sauce over the quinoa and flavour with fleur de sel.

Tips:

- Preparing the salad is similar to preparing sushi rice. The room temperature quinoa absorbs the sweet and sour marinade very well.
- Grate some of the vegetables and instead of cooking them with the quinoa, use them as a raw garnish or mix them into the marinade.
- Add 100g of cooked chickpeas to the salad.

NORTHERN ITALIAN VEGETABLE SOUP

For 2 people

Preparation time: ca. 30 minutes

Ingredients:

- 1 carrot
- 2 small potatoes, firmly cooked
- 1 stalk of celery
- 50 g white cabbage
- 2 stalks of Swiss chard, kale or cabbage
- 1 small zucchini
- 2 T olive oil
- 1 marjoram twig
- 1 T tomato puree
- 80 g chopped Pelati tomatoes or 2 fresh tomatoes
- 750 ml vegetable bouillon
- 1 handful of spinach
- Salt
- Pepper from a mill
- 2 T grated parmesan cheese

Peel the carrots and potatoes and cut them into 1cm large cubes. Cut the rest of the vegetables into slices.

Warm up the olive oil in a pot and add the marjoram and the veggies (except for the spinach). Cook on medium heat for about 10 minutes. Add the tomato puree, tomatoes and bouillon and simmer for 10 more minutes. Add the spinach and salt and pepper to taste. Serve in deep plates or bowls and sprinkle with parmesan cheese.

Tips:

- Add spelt pasta or pasta and cook it with the soup to make a minestrone style soup
- You can also use the celery leaves in the soup
- If you can't get fresh spinach, you can use frozen spinach
- The soup is perfect for freezing and thaws well

PERSIAN OMELETTE

For 2 people

Preparation time: ca. 20 minutes

Ingredients:

- 50 g spinach
- 3 fresh dill twigs
- ¼ bunch of chives (green parts of the plant)
- 3 eggs
- 2 T buckwheat flour
- 2 T spelt flour
- Salt
- Pepper
- 1-2 T rapeseed oil
- 90 g cottage cheese

Chop the spinach, dill and chives coarsely, then mix them into the eggs. Stir in the flour.

Pour the rapeseed oil into a Teflon pan and cook in portions the way you would make pancakes. Cook for about two minutes on each side. Fill with the cottage cheese.

Tips:

- Cut the omelettes into strips and serve them in soups.
- You can also bake the omelette mix like you would a gratin. Bake in a pan at 180°C for about 15 minutes.
- You can use ricotta cheese instead of cottage cheese if you prefer.

INDIAN CURRY

For 2 people

Preparation time: ca. 50 minutes

Ingredients:

- 2 small potatoes
- 1 carrot
- ½ eggplant
- ¼ broccoli
- ½ zucchini
- 1 cm piece of fresh ginger
- 1 stalk of lemongrass
- 100 g tofu
- 2 T coconut oil
- 1 tsp crushed mustard seeds
- 1 T curry leaves
- 1 T Curcuma
- 80 g chopped Pelati tomatoes
- 400 ml vegetable bouillon
- 1 T salt

Prep the vegetables and cut them into large pieces. Peel and grate the ginger. Halve the lemongrass and press it, then cut the tofu into cubes.

Warm up the oil in a pot and add the mustard seeds, curry leaves and lemongrass and cook until gently roasted. Add the vegetables and Curcuma, then deglaze with the bouillon. Add the Pelati tomatoes and ginger and simmer covered for about 20 minutes until the veggies are cooked. Season with salt, remove the lemongrass stalk and serve in deep plates.

Tips:

- Use a spoon to peel the ginger or scoop it away from its peel.
- You can also use Kaffir lime leaves instead of lemongrass.

SWEET CORN GRATIN WITH TOMATO FONDUE

For 2 people

Preparation time: ca. 40 minutes

Ingredients:

- 80 g tin of sweet corn
- 150 ml lactose-free milk
- 80 g polenta
- ½ tsp. salt
- 8 cherry tomatoes
- 70 g ricotta cheese
- 2 T Sbrinz swiss cheese
- 2-3 twigs of oregano

Preheat the oven to 200°C. Puree the corn and the milk. Add the polenta to the corn/milk mixture and season with salt. Bake for 10 minutes. Halve the tomatoes and mix them into the ricotta and oregano. Spoon it over the gratin and sprinkle with the Sbrinz cheese. Bake for 10 more minutes.

Tips:

- Serve with a green salad or cucumber salad.
- Children tend to like this dish as the sweet corn gives it a slightly sweet flavour.
- You can use parmesan cheese instead of the Sbrinz cheese if needed.