



Semolina dumplings with lentil vegetables



创建人
电器

V-ZUG 瑞族
Comhair-Steam SE 自 2015 年

Semolina dumplings

700 ml milk
200 g durum wheat semolina
½ tsp salt

For the semolina dumplings, mix the milk, salt and durum wheat semolina together in the smaller porcelain dish.

Put the porcelain dish on the wire shelf in the cold cooking space. Steam.

准备

在 蒸汽 期间为 **100 15 分钟**°C

50 g Parmesan, grated
2 egg yolks
25 g butter
Nutmeg

Incorporate the Parmesan, egg yolks, butter and nutmeg into the hot dumpling mixture. Leave to cool.

Lentil and vegetable mixture

2 carrots, large
200 g celeriac, prepared weight, corresponds to approx. half a celeriac
200 g leek, corresponds to approx. 1 small leek
2 onions

Peel the carrots and celeriac and cut into 4 cm long and 5 mm thick sticks. Remove the fibrous parts of the leek, cut it in half lengthways and then into strips. Peel, halve and cut the onions into fine rings.

240 g plum tomatoes, tinned
2 cm piece of ginger root
3 cloves of garlic

Take the plum tomatoes out of the tin and crush with a fork. Peel and finely slice the ginger and garlic.





100 g lentils, red

2 tbsp olive oil

Salt

Pepper

Mix the vegetables, onions, plum tomatoes, ginger, garlic, lentils and olive oil together well in the larger porcelain dish and season generously.

Put the porcelain dish on the wire shelf in the cooking space while still warm. Steam.

放入食物

在蒸汽期间为 **100 25** 分钟°C

Take the vegetables out of the cooking space.

电器预加热

(Pre-)heat space to level 4 with 烤架

50 g Parmesan, grated

Using 2 tablespoons, form about 16 dumplings from the dumpling mixture and place them on top of the lentil and vegetable mixture. Sprinkle over Parmesan.

Put the porcelain dish on the wire shelf at level 3 in the preheated cooking space. Brown lightly.

放入食物

烤架 **level 4 for 10** 分钟

配件

Porcelain dish (1/3 GN)

Porcelain dish (1/2 GN)

Wire shelf

