Semolina dumplings with lentil vegetables

Receta de V-ZUG AG



Preparación
Tiempo de cocción
Porciones 4

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.

Preparar

Cocción al vapor 100 °C durante 15 Min.

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.

Introducir los alimentos

Cocción al vapor 100 °C durante 25 Min.

Take the vegetables out of the cooking space.

Precalentamiento aparato

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.

Introducir los alimentos

Accesorios

Porcelain dish (1/3 GN)

Porcelain dish (1/2 GN)

Wire shelf

Información complementaria

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