Carrot and chermoula tatare with emmer gremolata



Recipe by Zizi Hattab



Preparation
Cooking time
Portions 4

Carrot jus

300 ml carrot juice

¾ tsp cornflour

A little water

1½ tbsp olive oil

Some salt

Roasted carrot

250 g carrots, coarsely grated

½ tbsp olive oil

Some salt

Some pepper

Chermoula dressing

1½ tbsp white balsamic vinegar

1½ tbsp olive oil

1½ tbsp vegetable bouillon

3 sprigs of coriander, finely chopped

½ tsp smoked paprika powder

¼ tsp cumin powder

Some salt

Some pepper

Carrot tatare

1 small red onion, finely chopped

1 gherkin, finely chopped

¼ bunch of chives, finely chopped

4 pitted green olives, in rings

1 tbsp unshelled hemp seeds

Some salt

Some pepper

Emmer gremolata

1 tbsp olive oil

4 tbsp emmer

1 lemon, zest of ½ lemon, cut into fine strips

5 sprigs of flat-leaved parsley, finely chopped

1 tsp white balsamic vinegar

1 tsp olive oil

Some salt

For serving

3 radishes, sliced

Some edible flowers, if desired

Additional information

Created on	23.08.2024