Semolina dumplings with lentil vegetables

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 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.

Prepare

Steaming 100 °C for 15 Mins

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.

Put the food in

Steaming 100 °C for 25 Mins

Take the vegetables out of the cooking space.

Appliance preheating

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 food in

Accessories

Porcelain dish (1/3 GN)

Porcelain dish (1/2 GN)

Wire shelf

Additional information

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