



Fennel bulb and seed mash

Рецепт від V-ZUG AT



готування	15 хв
Час	16 хв
готування	
Порції	4
Прилад	Combi-Steam MSLQ

Preparation

450 g potatoes, mealy

150 g fennel

Peel and quarter the potatoes and put into the plastic perforated cooking tray with the fennel.

Place the cooking tray on the hardened glass dish in the cold cooking space. Steam.

PowerDämpfen 100 °C протягом 16 хв

1 tbsp olive oil

100 g crème fraîche

100 ml milk

1 tbsp fennel seeds

Pepper

Salt

Grind the fennel seeds using a mortar and pestle.

Finely dice the steamed fennel. Transfer the steamed potatoes to a bowl. Mash with a potato masher and mix in the fennel and all the other ingredients. Season with salt and pepper.

Аксессуары

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

