

# *Tempting Flavours of Christmas*

*~ Veggie Edition ~*



## **Starter**

Pumpkin mousse with lime

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## **Soup**

Zucchini Soup

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## **Main course**

Veggie Lasagna

Risotto balls

Colorful Christmas salad

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## **Dessert**

Stewed pears with vanilla ice-cream and  
a hot mousse of stewed pears



## *Pumpkin mousse with lime*



30 minutes

Easy

0 – 5 euro pp

### Ingredients for 4 pers.:

- 🌿 400 gr pumpkin
- 🌿 1 onion
- 🌿 Fresh thyme
- 🌿 200 ml whipped cream
- 🌿 1 lime
- 🌿 Spring onion
- 🌿 Pine nuts
- 🌿 Salt and pepper

### How to prepare it:

Put a small pan on the stove. Add a little bit of butter. Peel the onion. Remove the twigs of the thyme. Trim and fine slice the onion and the thyme. Add the thyme and onion to the pan. Stir well and it fry for 2 minutes.

Chop the pumpkin into small blocks and add it to the pan. Fry them for 5 minutes. Turn down the heat and add a bit of water. Let the pumpkin simmer for 20 minutes until it's soft.

In the meantime you can make the lime crème. Grate the skin of the lime and squeeze out the juice. Put the whipped cream into a bowl to whip it. Add some salt, pepper, the lime juice and half of the lime grate. Whip the cream.

Once the pumpkin is soft, mash it with your standing food processor. Add a bit of pepper to spice it up. Put the mashed pumpkin into a serving glass. Use a piping bag to add a layer of the lime cream.

Chop the spring onion into thin slices. Sprinkle some spring onion, pine nuts and lime grate on top of the pumpkin.

You can eat this dish both cold as well as hot, just the way you prefer it.





## Zucchini Soup



40 minutes

Easy

0 – 5 euro pp

### Ingredients for 3 liter soup:

- 500 gr zucchini
- 1 onion
- 1 clove of garlic
- 1.5 l vegetable broth
- 5 sun-dried tomatoes
- Fresh basil
- Pine nuts
- 100 ml whipped cream
- Pepper

### How to prepare it:

Wash the zucchinis and chop them in little blocks. Peel the onion and garlic. Trim and fine slice the onion. Remove the root of the garlic. Squeeze the garlic into the hot oil and add the onion as well. Stir well and let the onions fry for 2 minutes. Add the zucchini and bake it together with the onions for another 5 minutes.

Add the vegetable broth, heat up the soup and let it simmer for 20 minutes.

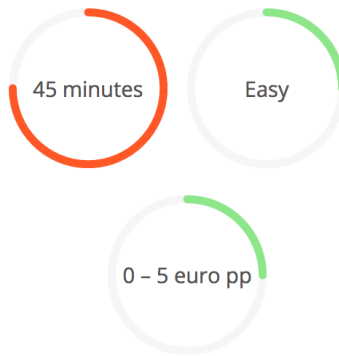
Use the time to cut the sun-dried tomatoes, chop the basil and whip the whipped cream.

Take the soup off the stove and use your standing food processor to mash the soup into a smooth soup. The best way is to mash everything directly within the pan but make sure you keep the food processor down under the soup level. Otherwise your kitchen will need some extra cleaning.

Heat up the soup again, taste the soup and add some salt and pepper if needed. Speaking for myself, I only add some pepper and no salt. Serve the soup hot with some fresh basil, whipped cream, sun-dried tomatoes and pine nuts.



## Veggie Lasagna



Ingredients for 4 pers.:

- 2 eggplants
- 1 zucchini
- 4 tomatoes
- 1 clove of garlic
- Fresh thyme
- Mozzarella
- 75 gr Parmesan cheese
- 500 ml passata di pomodori
- Salt and pepper

### How to prepare it:

Pre-heat your oven to 220 degrees. For this recipe it's a definite pro if you have a mandolin! This will make it so easy to cut nice slices of the vegetables.

Cut (with a mandolin if you have) thin slices from the eggplants and the zucchini's.

Put a small saucepan on the stove, add some olive oil and heat up the stove. Peel the garlic. Remove the root of the garlic and squeeze the garlic into the hot oil. Remove the twigs of the thyme and chop the thyme. Add the thyme to the garlic, fry for 1 minute.

Now you can add the passata. Heat up the stove and stir well until the sauce starts boiling. Add some salt, pepper and the Parmesan cheese. Make sure the cheese melts into the sauce.

In the meantime you can cut the mozzarella and tomatoes into small slices.





Get an oven dish ready, use some oil to grease the sides and the bottom. Now you can start building the lasagna. Start with a layer of eggplant slices, a layer with tomato slices and finally a layer of zucchini. Put a couple of spoons full of sauce on top of it and add some mozzarella on top of the sauce. Now start over with the layer of eggplant slices and keep building layers like this until you run out of space or vegetables.

Put the lasagna into the oven for about 30 minutes.



## Risotto balls



### Ingredients for 4 pers.:

- 300 gr risotto rice
- 1 onion
- 150 ml white wine
- 900 ml vegetable broth
- Mozzarella
- 3 tablespoons pesto
- Parmesan cheese
- 4 tablespoons flour
- 2 eggs
- 4 tablespoons twice baked bread
- Pepper

### How to prepare it:

Start by cooking some water for the vegetable broth and put a large cooking pan with a thick bottom onto your stove. Chop the onion and add a dash of the olive oil in your pan. Weigh your rice to get the right amount. Heat up your stove, once the oil is hot you can add the onion. Fritter the onion for 2 mins before adding the rice. After you've added the rice, stir everything well until the rice is glazy from the oil. Let it bake for another minute. Add the wine; your pan should be really hot, so the wine will be cooking immediately. Make sure you keep stirring. Once the wine is evaporated you can start adding the bouillon. Add the bouillon in separated fases, approx.. 100-200 ml at a time. You need to stir very regularly to make sure the rice is not sticking to the bottom of the pan.

The risotto is ready once it's a creamy substance without any hard pieces. You can taste a bit to make sure the rice is ready. But you can also judge the rice by its color; the rice is bright white at the moment you start but it gets a friendlier and softer color once it's ready. If you added all the bouillon but you're not sure if the rice is ready you can always add some extra water, but be careful that you won't add too much, the rice needs to remain sticky.

Once the rice is ready, take it off the stove. Stir the grated Parmesan cheese and some pepper through the risotto and let it cool down a bit. Cut the mozzarella into thin slices. Put the slices flat on a plate and scoop a bit of pesto on top. Roll it up to small rolls.

Fill the palm of your hand with risotto, make a small hole in the middle and put a mozzarella roll into that hole. Fold the risotto around the mozzarella so that a nice ball is following. Repeat this until you have enough risotto balls.

Now get three different plates ready.

**Plate 1:** add the flour and spread the flour onto the bottom of the plate.

**Plate 2:** add the eggs and stir them well.

**Plate 3:** this one is for the twice baked bread crumbs; add some salt, pepper and the lime grate. Stir well.



Take one of the risotto balls and take it through the flour, roll it through the eggs and finally through the twice baked-bread. Repeat this for all the balls.

Get your frying pan ready or use a wok, fill it up with olive oil. Heat up the oil (like really hot). Fry the balls for about 5-8 minutes depending on the size. You can serve them immediately.





## Colorful Christmas salad



15 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

- 🌿 200 gr mixed salad
- 🌿 250 gr raspberries
- 🌿 A handful of almonds
- 🌿 100 gr soft goat cheese
- 🌿 150 gr small colorful tomatoes
- 🌿 Olive oil
- 🌿 Honey
- 🌿 Thyme
- 🌿 Lemon juice
- 🌿 Salt and pepper

### How to prepare it:

Divide the salad on a nice serving plate. Cut the raspberries and tomatoes in quarters. Divide the raspberries and tomatoes on top of the salad. Crumble the goat cheese and add it to the salad.

Put a small pan on the stove and heat up the olive oil, add some lemon juice, honey and thyme. Once the honey is melted you can add some pepper and salt for your personal taste.

Sprinkle the hot sauce on top of your salad.



## *Stewed pears with vanilla ice-cream and a hot mousse of stewed pears*



10 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

- 8 Gieser Wildeman pears (stewed)
- 1 l vanilla ice cream
- 2 cinnamon sticks
- Mocca beans

### **How to prepare it:**

This recipe starts with already stewed pears. If you wish to make the stewed pears yourself you can download the Tempting Flavours of Christmas Classic Edition from the website.

Remove the core of 4 of the pears and put the pears into a bowl so you can mash them with your food processor. Mash the pears to a soft mousse and put the mousse into a small pan on the stove to heat up. Take the ice from the fridge. When the mousse starts to boil you can start dressing up the plates.

Start by placing a pear and a bowl of ice on the plate. Add a spoon of the hot mousse. Garnish with the cinnamon sticks and the moca beans.

