
ONE FOR ALL
essen&trinken 7|2021

*"It is quite rare that a single wine can accompany a complete menu - a feat that the **Mandelgarten Riesling Spätlese** from **Müller-Catoir** achieves with fascinating ease also does justice to the sweet and savory combination in desserts. Thanks to the dense fruit of peach and lemon peel, it also cuts a fine figure with an intense shiitake bouillon."*

Recommended to

Summer vegetable salad with honey and olive oil cream

"Hearty, sour, bitter or sweet? Once everything, please! Crowned with crispy buckwheat, a summery firework of aromas unfolds."

Recipe | Ready in: 1 hour | Difficulty: medium | Theme: Vegetarian, Guests, Summer, Starter, Salads, Vegetables | Per serving: energy: 597 kcal, carbohydrates: 27 g, protein: 4 g, fat: 50 g | Recipe properties: beans - snow peas - carrots - honey - buckwheat | Ingredients for 4 servings:

HONEY-OLIVE OIL CREAM

1 organic lemon, 2 tablespoons of summer blossom honey, 1 egg white (KI. M), 200 ml olive oil, salt

VEGETABLES

100 g sugar snap peas, 100 g beans, 100 g radish, 15 ° g carrots, 1 bunch of radishes, 1 stick of celery (with green), 1 tablespoon balsamico bianco, salt, sugar, 1 fresh bay leaf, 4 tablespoons buckwheat, 1 pink grapefruit, 4 stalks of chervil

Also: vegetable slicer

Preparation

1. For the honey and olive oil cream, wash the lemon with hot water, rub dry and finely rub the peel. Halve the lemon and squeeze out the juice. Mix lemon juice with honey and egg white



with a whisk and stir in the oil drop by drop until a homogeneous, creamy consistency is obtained. Season to taste with salt.

2. For the vegetables, clean the snap peas and beans, cut in half crosswise and blanch in boiling salted water for about 1 minute. Rinse in ice-cold water and drain in a sieve. Clean, peel and slice the radish with a vegetable slicer. Clean and wash finger carrots, quarter lengthways. Clean and wash the radishes and cut in half or into quarters depending on their size. Clean and wash celery. Cut off the celery greens, cover with damp kitchen paper and set aside. Cut the celery diagonally into 1 cm long pieces.

3. Cut the bay leaf several times with scissors. Lightly knead the vegetables with balsamic vinegar, a little salt and a pinch of sugar, add the bay leaf and let it steep for about 30 minutes.

4. Roast buckwheat in a pan until light brown, place on a plate and let cool. Peel the grapefruit so that the white skin is completely removed. Cut out the grapefruit fillets between the separating skins and set aside.

5. Spread the cream in the middle of 4 plates, arrange the salad on top. Sprinkle with buckwheat, celery greens and torn chervil leaves and serve. Baguette goes well with it.

TIP: If you like it stronger, you can also use spicier fir honey for the honey and olive oil cream.