

Scandinavian vegetable dumplings, creamy vegetable broth, celeriac and potatoes puree

Recipe for 4 portions

Description

A flavorful loaded with veggies dumplings recipe, served in a creamy sauce.

Note

The dumplings can be kept in the freezer, stock up on them!

Ingredients

Dumplings

- 0.25 Cup(s) Quinoa
- 3 Tbsp Olive oil
- 2 Unit(s) French shallot
- 2 Clove(s) Garlic
- 1 Unit(s) Carrot
- 1 Sprig(s) Celery
- 1 Can(s) Chick peas (540 ml)
- 0.75 Cup(s) Japanese breadcrumbs (panko)
- 4 Sprig(s) Flat parsley
- 1 Sprig(s) Tarragon
- 0.50 Cup(s) Grated parmesan
- 1 Unit(s) Egg

- Salt and pepper

Creamy sauce

- 0.50 Tsp Four spice mix
- 2 Tbsp Flour
- 375 Ml Vegetable stock
- 125 Ml 35% cooking cream

- Salt and pepper

Vegetables puree

- 1 Unit(s) Celeriac
- 2 Large Yukon gold potatoes
- 80 Ml Milk
- 2 Tbsp Butter
- 0.25 Tsp Nutmeg

- Salt and pepper

Garnish

- 4 Sprig(s) Parsley

- Salt and pepper

Preparation

- Preparation time **60.00 mins**
- Preheat your **Oven** at **375.00 F°**

Preparation

Rinse and drain the quinoa, peel and finely chop the shallots.

Prepare a vegetable broth, keep it warm.

Peel and finely chop the garlic, chop the celery.

Peel and grate the carrot.

Drain and rinse the chickpeas. chop the parsley and tarragon.

Remove the leaves from the parsley (finishing touches).

Dumplings

Place the quinoa in a saucepan, have double the volume of cold water on top. (1/4 cup quinoa for 1/2 cup water). Bring everything to a boil, then reduce the heat by half, cover and cook for 12 to 15 minutes. Remove from the heat and let cool.

Meanwhile, in a pan, heat the olive oil over medium heat, add the shallots, garlic, carrot and celery. Cook for 4 to 5 minutes, then remove to a plate and let cool.

In a food processor, place the chickpeas, panko breadcrumbs, herbs, Parmesan, egg and half of the four spices, salt and pepper. Rotate to obtain a smooth preparation, adjust the seasoning if necessary.

In a bowl, combine the three preparations and mix gently.

All you have to do is shape the balls (use a ice cream spoon). you should be able to make about 24 dumplings.

Cooking:

In a hot pan with oil, stay on a medium heat, sear the meatballs all over.

Reserve them later, you can put them in an oven before serving if you wish.

Creamy sauce

In the same pan, place the flour, stir with a wooden spoon, you will cook the latter a little to roast it. (30 seconds)

Add the vegetable broth, mix with a whisk, add the rest of the four spices.

Once boiling, add the cream and simmer for 5 minutes.

Vegetables puree

Once peeled and cut into cubes, cover the celery and the potatoes with cold and salted water, bring everything to a boil, leave to cook until vegetables are well done.

Allow about 20 to 25 minutes depending on the size of the cubes, then drain them.

Pass everything through a sieve (mash), with a wooden spoon, add the milk (hot), the butter and the nutmeg.

Season with salt and pepper, taste.

Plating

Place some puree in the middle of a plate, place the meatballs (5 to 6) on top, coat with the creamy sauce.

Add parsley leaves here and there as a finishing touch.

Bon appétit!