



CIRCO THERM®
45 MINUTES

FENNEL BOATS WITH BEETROOT



SERVES 4 – 6

INGREDIENTS

FOR THE BOATS:

4 fennel bulbs
2 large beetroots
4 parsnips
1 lime
2 tbsp sesame oil
½ tbsp mild white wine vinegar
1 handful almonds
Salt
Pepper

FOR THE PESTO:

200 g nettles
1 tbsp honey
1 lime
½ tbsp mustard
200 ml olive oil
1 handful sunflower seeds
and pine nuts
Salt
Pepper

PREPARATION

Cook beetroots and parsnips in a small steamer basket (on a rack) on shelf level 2 at 100 °C for about 25 minutes, then chop finely. Chop almonds coarsely and mix with vegetables in a bowl. Season to taste with sesame oil, lime juice, white wine vinegar, pepper and salt.

Cut fennel bulbs in half, hollow out the halves and steam in the oven at 100 °C for about 5 minutes (tip: can be cooked along with beetroots and parsnips in a second basket).

Fill steamed fennel boats with the beetroot-parsnip mixture and bake in a casserole dish (on a rack) on level 1 at 180 °C CircoTherm® for 10 to 15 minutes.

For the pesto, blanch nettles in boiling water for 1 minute, then plunge into cold water. Using a food chopper, finely purée honey, lime juice, mustard, olive oil, sunflower seeds and pine nuts. Season to taste with salt and pepper.

Serve fennel boats topped with pesto.