



INGREDIENTS

VEGETABLE STOCK

50 g butter
 3 onions
 6 carrots
 ½ celery stick
 1 garlic clove
 2 bay leaves
 2 sprigs lemon thyme
 1 sprig rosemary

VEGETABLES

250 g each of Brussel sprouts (small),
 white mushrooms, parsley root, low-starch
 potatoes, carrots, yellow turnips

HERB CROUTONS

2 slices farmer's bread, 2 cm thick
 100 g butter
 handful of chopped mixed garden herbs:
 chives, dill, basil, coriander, chervil,
 parsley

Recipe: Lieven Looten, www.aardsparadijs.be

Ethiopia *Stew with winter vegetables and herb croutons*

Add a little butter to a tall cooking pot and sauté the vegetables for the stock. Simmer gently for a few minutes to allow the flavours to develop.

Stir in the herbs and add 2 litres of water. Allow to stew gently at a low heat for around 3 hours until the aromas have intermingled and the stock has been reduced by one-half.

Strain the stock through a fine sieve and keep warm.

Halve the Brussel sprouts and mushrooms. Cut the potatoes, turnips, parsley root and carrots into pieces of the same size.

Blanch the Brussel sprouts until they are al dente, then immediately chill in iced water. Cook the vegetables in the stock until they are al dente, then add the Brussel sprouts.

Dice the bread and fry in butter in a pan. Sprinkle with the garden herbs.

Ladle the vegetable stew into soup plates and garnish with herb croutons.