



Atelier de cuisine anti-gaspillage alimentaire

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Organisation : SOS Faim dans le cadre de la campagne
Changeons de menu !

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Recettes

Roasted cauliflower leaf salad, radishes with crème fraîche dressing

Prep: 25min – Serves 2 – Easy

leaves from 1 cauliflower
olive oil, to drizzle
fennel seeds, to sprinkle
chili flakes, to sprinkle
6 tbsp crème fraîche
green tops from 6 spring onions
1 bunch of radishes
salt and pepper

Preheat the oven to 200°C fan.

Wash the cauliflower leaves and cut the ones with a thick stem lengthwise in half, so that the stem is split into two thinner halves.

Put the leaves into a large baking tray and drizzle with olive oil to cover the leaves, sprinkle with a bit of fennel seeds, chili flakes and salt and toss so that the leaves are evenly covered.

Roast the leaves in the preheated oven for 7-10 minutes until the leaves are crispy and the stem al dente.

Meanwhile, put the crème fraîche and the spring onion tops into a blender and whizz into a smooth dressing. Season with salt and pepper.

Wash the radishes and cut into thin slices.

Dress the warm cauliflower leaves on a serving plate, top with radish slices and serve drizzled with the crème fraîche dressing.

White Cauliflower crust pizza with spring onions, goat's cheese and radish top pesto

Prep: 1h – Makes 2 tarts of approx. 25 cm – Serves 2 – Easy

For the cauliflower base:

1 cauliflower (about 800g, trimmed)
100g ground almonds
2 eggs
sunflower oil, to grease

For the topping:

180g crème fraîche
6 spring onions
1 Baltes 'Mell Gees' cheese
salt and pepper

For the radish top pesto:

leaves from 1 bunch of radishes
30g parmesan
30g pumpkin seeds
40ml olive oil
a bit of lemon juice
a pinch of salt
a pinch of sugar

Preheat the oven to 180°C fan.

Remove the leaves from the cauliflower and use them for the cauliflower leaf salad.

Cut the cauliflower into small pieces. Put into a food processor and whizz until the cauliflower is very finely chopped and resembles couscous grains.

Put the chopped cauliflower into a bowl and microwave for 5 minutes at 800W.

Tip the microwaved cauliflower onto a clean teatowel and leave to cool for 5 minutes.

Wrap the teatowel around the cauliflower and squeeze out as much liquid as you can, then transfer back into the bowl.

Add the almonds and the egg to the cauliflower, season with salt and pepper and mix well.

Line two baking trays with baking paper and grease with a bit of sunflower oil.

Divide the cauliflower mix in two and put one heap onto each baking tray. Shape with your hands into a disk of a thickness of 1cm.

Bake in the preheated oven for 25 minutes.

Meanwhile, season the crème fraîche with salt and pepper. Cut the green tops off the spring onions and use in the cauliflower leaf salad dressing. Cut the hairy top off the spring onions and discard. Cut the spring onions into slices and set aside.

Cut the goat's cheese into cubes.

Prepare the radish top pesto: Put all the ingredients into a blender and blend into a smooth pesto. Adjust the seasoning with salt and sugar.

After 25 minutes, take the cauliflower bases out of the oven. Spread the seasoned crème fraîche onto each base and top with the spring onions and the cheese.

Bake for another 10 minutes so that the cheese melts.

Serve the pizza drizzled with radish top pesto.

Rhubarb yoghurt pots

Prep 30' - Serves 4 – Easy

For the compote:

4 stalks of rhubarb (about 400g)

1 tsp cinnamon

A pinch of lemon zest

30g sugar

For the yoghurt:

200g yoghurt

100ml crème fraîche

1 sachet vanilla sugar

sugar, to taste

Lemon zest, to serve

Cut the rhubarb into 1 cm cubes and put into a saucepan. Add the cinnamon, a bit of lemon zest, sugar and a bit of water. Cover with a lid and cook for about 10 minutes, stirring from time to time.

Mix the yoghurt, crème fraîche, vanilla sugar and sugar to taste in a bowl and set aside.

After 10 minutes, Take off the lid and cook uncovered for a further 12 minutes, until the fruit has softened and most of the liquid has evaporated. Set aside to cool.

Once the compote is cool, assemble the pots. Put a couple of tablespoons of rhubarb compote into the bottom of 4 pots, top with a couple of tablespoons of yoghurt mixture. Decorate with lemon zest.