

Colourful Vegetable in Jelly with Styrian Pumpkin Seed Oil and Apple Cider Vinegar



Starter

Kind of recipe



60 Minutes

Preparation

4-5 Hours



middle

Severity



Ingredients for 6-12 people

Option 1 ½ head of cauliflower ½ head of broccoli 1 small celeriac ½ kohlrabi 150 g carrots 150 g peas ¾ l water 9 leaf gelatine salt fresh dill Option 2 500 g mixed vegetables and pickled vegetables 1/8 l vegetable stock salt pepper 4 leaf gelatine Dressing Styrian Pumpkin Seed Oil P.G.I. cider vinegar salt pepper

Preparation

Clean and peel the vegetables and cut into small cubes. Part the cauliflower and broccoli into florets. Boil the vegetables in water until they are al dente, strain (keep the water), rinse with cold water and season with finely chopped dill. Soften the leaf gelatine in cold water. Line a bread pan with cling film and fill up with the vegetables. Put the softened gelatine leaves in the vegetable water, add the salt and bring to the boil. Pour over the vegetables in the bread pan. Refrigerate overnight. Flip the jelly on a plate and slice into portions shortly before serving. Dress the jelly with the Styrian Pumpkin Seed Oil P.G.I. - cider vinegar marinade and garnish (fresh herbs, boiled egg, onions, etc.). Tip: Serve with fresh Styrian Pumpkin Seed Oil P.G.I. bread.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Pixelmaker.at