

SPRING

Suddenly, one day it is here again: the smell of spring. Everything is growing and sprouting. Now it is time to make use of the early vegetables that will never be tastier than they are right now. The first tender asparagus and carrots. The sweetness of the spring onions. The joy of picking the first tiny nettles.



Baked white asparagus

INGREDIENTS (4 SERVINGS)

800g white asparagus
5 sprigs of thyme
5 sprigs of rosemary
3 cloves of garlic
1 silver onion
2 lemons
½dl olive oil
1tbsp of caster sugar
2tsp sea salt
black pepper

METHOD

Peel the asparagus and put on an oven proof tray. Thinly slice the garlic and pick the herbs off the sprigs. Season the asparagus with sugar, 1tsp of sea salt, the herbs, garlic and half a decilitre of olive oil. Chop the onions fine and put in a bowl. Squeeze the lemons and add together with one dl of olive oil and season with salt and black pepper. Bake the asparagus in the oven for approximately 20 min or until asparagus is soft with a crispy centre. Serve on a plate with some lemon vinaigrette on top.



Grilled spring onions

INGREDIENTS (4 SERVINGS)

800g spring onions

1 lemon

200g smetana or crème fraîche

½dl olive oil

sea salt

black pepper

METHOD

Cut the onions in half length-wise and rinse. Drizzle the onions with olive oil and season with salt and black pepper. Put the onions on an oven proof tray in the middle of a 250°C oven and grill on maximum for about ten minutes or until a nice colour. Serve on a large plate with Smetana or crème fraîche and some zest of a lemon on top. Finish off with olive oil and sea salt.



Nettle soup with fennel

INGREDIENTS (4 SERVINGS)

250g nettles

4 shallots

5dl vegetable stock

3dl heavy cream

1tbsp fennel seeds

1tbsp anis seeds

salt

1tsp black pepper

4 eggs

100g butter

100g leftover rye bread

a small bundle of mixed herbs, example chives/tarragon/parsley

4tbsp olive oil

METHOD

Boil the eggs 3–4 minutes for soft-boiled or more depending on your preference. Then cool down in cold water. Rinse the nettles and herbs in water free from all soil and dirt. Blanche the nettles quickly and then strain. Crush the spices in a mortar. Peel and slice the shallots, then sauté them together with the spices in half of the butter in a large pot until onions get an amber colour. Add nettles, vegetable stock and cream and bring to a boil and simmer for 5 minutes. Then mix in a blender until smooth. Season with salt. Break down the rye bread and pan fry it on medium heat in butter until crispy. Garnish the soup with a peeled egg cut in two, rye bread croutons, picked and chopped herbs on top and a drizzle of olive oil.



Flatbread with yellow pea hummus and crispy greens

INGREDIENTS YELLOW PEA HUMMUS (10 SERVINGS)

200g dried yellow peas, soaked overnight

1 red chilli, cut into 3 pieces

2 garlic cloves, peeled and whole

1 lemon, juiced

3tbsp good quality olive oil

sea salt

black pepper

FOR SERVING

flatbread

yellow pea hummus

¼ cucumber, cut into sticks

½ carrot, cut into sticks

1 celery stalk, cut into sticks

1 radish, halved

2 leaves crispy green salad

puffed grains (e.g. buckwheat, quinoa or spelt)

lemon zest

olive oil

salt

pepper

METHOD

Drain, then rinse the soaked, dried yellow peas. Add the beans, red chilli and garlic to a pot with fresh water and 3tbsp of salt. Cover with a lid and cook on mid-low heat for 30 minutes or until cooked, but not mushy. Drain and set aside 100ml of the cooking water. Place the peas, chilli and garlic in a blender. Pour in the lemon juice and olive oil and blend. If too thick, add some of the cooking water to achieve a smooth texture. Spread the hummus on the bread, lengthwise. Top with salad, raw vegetables and puffed grains. Drizzle with olive oil and sprinkle with lemon zest, salt and pepper. The hummus can also be served as a delicious dip for raw vegetables.