

Candied vegetables ratatouille, hummus, taro chips and garlic cream

Recette pour 4 personnes

Description

A delicious vegetarian option with a Mediterranean flair!

Ingrédients

Ratatouille

- 1 Unit(s) Eggplant
- 2 Unit(s) Zucchini
- 2 Unit(s) Tomato
- 2 Clove(s) Chopped garlic
- 1 Unit(s) Red onion
- 1 Unit(s) Red pepper
- 1 Unit(s) Yellow pepper
- 2.50 Ml Espelette pepper
- 30 Ml Balsamic vinegar

- Olive oil
- Salt and pepper
- Butter

Garlic cream

- 10 Clove(s) Garlic
- 150 Ml 35% cooking cream
- 1 Unit(s) Egg yolk
- 150 Ml Milk
- 1 Tsp Cornstarch

- Olive oil
- Salt and pepper
- Butter

Hummus

- 0.50 Head(s) Garlic
- 1 Unit(s) Chick peas can (540ml)
- 30 Ml Sesame paste
- 45 Ml Olive oil
- 1 Unit(s) Lemon
- 8 Leaf(ves) Fresh cilantro
- 5 Ml Sesame seeds

- Olive oil

- Salt and pepper
- Butter

Taro chips

- 1 Unit(s) Taro
- 375 Ml Canola oil
- Olive oil
- Salt and pepper
- Butter

Préparations

Temps de préparation **45.00 mins**

Plating

1: In a bowl, place the hummus in the center then cover it generously with ratatouille. Garnish with a few taro chips. Decorate with sesame seeds as well as coriander.

2: Directly on the taro chip, make a nice ball of hummus, then top it with ratatouille. Decorate with coriander as well as sesame seeds.

Taro chips

Slice the taro with the mandolin as thin as possible. Next fry them in your fryer or pan with hot oil.

Remove and place on paper towel to remove excess oil. Season with salt and pepper.

Garlic cream

Peel 10 cloves of garlic. Cook them in lightly boiling water for 10 minutes.

Once the garlic is cooked, throw away the milk. Blend the cloves in the blender while adding the cream slowly. Add the cornstarch and egg yolk.

Cook it gently over a steam bath while slowly and constantly stirring with a spatula until you reach the desired thickness or consistency.

Hummus

Strain the chick peas and then transfer them to your food processor. Add the sesame paste, garlic, olive oil and salt and pepper. Add the lemon juice. Blend it all together until you reach the desired texture. Transfer the hummus to a serving bowl and then garnish with olive oil and coriander.

Finish by topping with sesame seeds.

Ratatouille

In a pan with a thread of olive oil, sweat your onions, garlic and thyme. Set aside. In the same pan, cook down your peppers for 2 minutes and then set aside. Do the same thing for the zucchini and eggplant.

In a mixing bowl, combine all the ingredients, the vinegar, pepper and then season to taste.

Preparation

Clean the eggplants and zucchini, then cut them into small cubes.

Clean the peppers, then cut them into slices and make small cubes.

Peel the red onion and finely slice it.

Remove the seeds from the tomatoes and cut them into small cubes.

Peel the garlic and finely chop one part of it.

Pluck the coriander leaves.

Bon appétit!