



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

vegan & vegetarian with Lutz Fohgrub

VEGETABLE-SPELT PATTIES
WITH COCONUT-CARROT-GINGER SAUCE



• We wish you bon appetit! •

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The patties and the fruity carrot sauce are vegan and easy to prepare.

The dish serves four.

Ingredients for the vegetable-spelt patty:

150 g whole-grain spelt flakes
200 ml vegetable broth
120 g carrots
120 g celeriac
100 g leeks
150 ml rapeseed oil
½ bunch fresh parsley
1 clove garlic
½ tsp. ground dried thyme &
dried marjoram

Salt, black pepper & nutmeg

Ingredients for the sauce:

1 onion
160 g carrots
200 ml coconut milk
1 tbsp. virgin olive oil
20 g fresh ginger
1 stalk lemongrass
1 pinch unrefined cane sugar
salt

To Prepare

To prepare the patties: peel carrots and celeriac, chop into strips, then dice. Slice leeks into thin rounds. Put rapeseed oil and vegetable broth in a pot. Add 2/3 of the spelt flakes and bring to a boil, stirring, until an even mixture forms that adheres to the spoon. Allow mixture to cool. Wash parsley and shake dry, then chop finely. Add parsley, diced carrots and celeriac, and leek rounds to the slightly cooled-off spelt mixture. Season with garlic, thyme and marjoram. Lightly season with salt, nutmeg and freshly ground black pepper to taste. Mix thoroughly.

To prepare the sauce: peel and dice onion and garlic. Peel and dice carrots. Heat olive oil in pot over medium heat. Sauté diced onion until translucent. Add diced carrots, salt lightly, and then sauté for about 2 min. Add coconut milk and diced ginger. Bruise lemongrass stalk with the back of a knife to release flavor, and add to the pot. Cook over low heat until carrots are soft. Remove lemongrass and puree the carrot sauce with a hand-held immersion blender. If desired, add a pinch of unrefined cane sugar.

With moist hands, form spelt mixture into patties and drench with remaining spelt flakes. Fry patties in a pan with rapeseed oil on both sides over medium heat until browned, put on paper towels to dry off excess oil. Serve with the carrot sauce.

The Health Factor

Whole-grain spelt is rich in minerals and fiber, which makes it pleasantly filling, and gives your digestive system a boost.

Allergy sufferers please note: Contains gluten and celeriac.