



BIOSÜDTIROL

Organic farmer Sissy suggests: apple and celeriac soup

Preparation time: 20 minutes

Level: average

Ingredients for 4 servings

1 celeriac (500 g)

2 Pinova apples (sweet and aromatic apples), 250-300 g

4 tablespoons olive oil

1 l water

3-4 tablespoons of oat flakes (3 if 100% oats, 4 if mixed with other; check ingredient list)

2 teaspoons of salt

40 g butter

Preparation

Peel the celeriac and cut it into small cubes. Wash the apples and, without peeling them, cut them into cubes (they can be larger than the celeriac since they have a shorter cooking time). The inner layer of the apple peel is where most of the beneficial nutrients are concentrated, so it would be a waste to peel them.

Heat some oil in a pan, add the celeriac and apple cubes and fry for 1 minute, then season with salt. Brown for a further 3 minutes and add water. Close the pan with the lid and lower the heat as soon as the soup starts to boil. Leave to cook for 10 minutes. When the cubes have softened, add the oat flakes and season with salt and pepper, then add the butter and reduce to a fine puree using a high-powered blender.

The soup can be decorated and further flavoured with freshly ground pepper and edible flowers. A couple of apple slices can also be added as a garnish. Another perfect match for this soup is grilled prawns or crispy diced bacon. Serve the salad with a smile!

Sissy's suggestion:

Although it does not have the consistency of a mousse, the addition of butter makes the dish more velvety and gives it a rounded taste. Depending on your preference, it can be replaced with olive oil or some cashews.