Ricotta soufflé with fennel

Up to 15 min. | *Normal* | *Vegetarian*



Zubereitung

1. Separate the eggs and beat the GOLDSTEIG Ricotta, with the egg yolk, add the breadcrumbs and season with the spices, garlic, sesame oil and lemon zest.
2. Whisk the egg whites until stiff and fold into the mixture, then add to greased little moulds.
3. Bake at 200°C for 8 to 10 minutes.

Fennel vegetables

1. Remove the cores from the fennel and tomatoes and cut them up small.
2. Fry in oil and flambé with whisky.
3. Deglaze with the vegetable stock and season with salt and pepper.

TIP: Serve with deep-fried rocket.

Zutaten



For 4 people:

Ricotta soufflé:

- 2 pots GOLDSTEIG Ricotta,
- 4 egg yolks
- 50 g fried breadcrumbs
- A pinch of curcuma
- Salt
- Pepper
- Garlic
- Roasted sesame oil
- Lemon zest (organic lemon)
- 4 egg whites
- Butter

Fennel vegetables:

- 2 fennel bulbs
- 2 tomatoes
- 30 ml oil
- 4 cl whisky
- 40 ml vegetable stock
- Salt
- Pepper

