



Rezepte aus der Behr Küche

Winter Vegetable Stew with Parsley Pesto



4

300 g potatoes
1 leek stalk
1/2 tsp each of cumin and fennel seeds
30 g butter
Salt, freshly ground pepper
1.2 litres vegetable stock
300 g Brussels sprouts
300 g carrots
1/4 savoy cabbage

For the pesto:

40 g pumpkin seeds
40 g flat-leaf parsley
8 tbsp oil
20 g freshly grated Parmesan cheese

:

1. Peel and dice the potatoes. Clean the leek, wash and cut into rings. Coarsely crush the fennel and cumin in a mortar or with a rolling pin. 2. Heat the butter in a saucepan. Sauté the potatoes and leek, add the fennel and cumin, briefly sauté, add salt and pepper. Pour the vegetable stock in and bring to the boil, simmer for about 10 minutes. 3. Wash and clean the sprouts, cut in half as desired. Peel the carrots and cut into slices. Clean the savoy cabbage, remove the stem. Detach the leaves, cut out the thick central stem from each one and cut the leaves into wide strips. Add the sprouts, cabbage and carrots to the soup, simmer for another 10 minutes. Season to taste. 4. For the pesto, roast the pumpkin seeds in a dry frying pan. Allow to cool. If necessary wash the parsley and pat well dry. Pull the leaves off and break them up briefly with the pumpkin seeds in a blender. Add oil, finely purée everything, stir in the cheese. Season with salt and pepper. Serve pesto with the soup.