



# RECIPE

RECIPE TITLE

**Asian Celery Soup with Thai Chili,  
Sugar Snaps, Tofu and Lemon  
Grass**

FOR

4 servings



FROM THE FEATURE

Some Like it Hot - Firey Recipes  
for Cold Days

CONTRIBUTOR

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SISTERMAG  
N°27

## INGREDIENTS

### BASE SOUP

- 1 celery root
- 2 white onions
- 2 carrots
- 1 clove of garlic
- 2 star anise
- 1 cinnamon stick
- 2 stalks of lemongrass
- 4 kaffir lime leaves
- 1-2 small red Thai chilies
- 1-2 small green Thai chilies

### NOODLES AND VEGETABLES

- 150g glass noodles  
(or rice noodles)
- 250 g sugar snaps

## STEPS

1. Peel the celery and cut it into pieces. Peel and half the onions. Peel and slice the carrots. Peel and mince the clove of garlic.
2. Place the onion halves cut side down into a pan without oil and heat. On medium heat, toast them thoroughly (this will give the soup a great flavour and nice colouring). Add 1.2 litres of water followed by the celery, carrots, garlic and spices (star anise, cinnamon stick, lemon grass, kaffir lime leaves). Simmer for about an hour. Finely slice the chilies and add them to the soup – seeds included if you like it spicy – just before the time is up. Let it all simmer for another few minutes.
3. While the soup is simmering, prepare the other ingredients: Rinse the vegetables and clean the sugar snaps, cut the stalks off the mushrooms, finely slice the chili. Rinse the herbs and shake dry. Finely slice the spring



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250g brown or white Shimeji mushrooms  
(purchase at Asian store),  
alternatively Enokitake

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1 red Thai chili

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50 g fresh soya sprouts

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½ bunch of fresh coriander

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2 springs of fresh Thai basil

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2 spring onions

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1 ½ limes

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Soya sauce

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2 tbsp roasted sesame oil

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### SESAME TOFU

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200 g fresh tofu (Asian store)

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2 tbsp flour

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1 egg, beaten

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2 tbsp black sesame seeds

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2 tbsp white sesame seeds

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2 tbsp peanut oil, alternatively any other  
plant-based oil

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onions. Wash the lime in hot water, quarter and squeeze out half a lime. Transfer the ingredients to small bowls and set them out on the table.

4. Strain the vegetable soup through a sieve into a second pot. Season with lime juice, soya sauce and sesame oil to taste. Keep warm.
5. Rinse the tofu and pad it dry. Cover tofu first in flour, then egg, then sesame seeds then fry it in a pan with heated oil at high temperature for 2 to 3 minutes on each side until golden brown. Take off the heat and cut into pieces.
6. Prepare bowls or soup plates adding fresh ingredients to your taste. Then add celery soup. Serve with tofu, lime wedges and fresh herbs.



# RECIPE

RECIPE TITLE

**Warm Cannellini Bean Salad with Steak Cuts, Pimentón de la Vera pumpkin and Pangrattato**

FOR

4 servings



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## INGREDIENTS

250 g Cannellini beans

1 white onion

2 cloves

1 bay leaf

2-3 pimento seeds

¼ tsp black peppercorns

2 tbsp olive oil

Juice of ½ lemon

freshly ground black pepper

Fleur de Sel

## FOR THE PUMPKIN

~ ½ medium-sized Hokkaido pumpkin

¼ - ½ tsp Pimentón de la Vera (either »dulce«, i.e. mild, or »picante«, i.e. hot), alternatively red chili flakes

2 tbsp olive oil

## STEPS

1. Soak Cannellini beans in cold water for at least 12 hours (best to do this on the day before).
2. Peel the onion and pin in the cloves. Place bay leave, pimento seeds and peppercorns in a spice bag. Fill a pot with cold (unsalted!) water, add the beans and bring to a boil. Skim off any foam. Reduce heat, add onion and spice bag to the pot and cook the beans until done according to the instructions on the package (for about 1 hour). Drain and let cool slightly.
3. Preheat the oven to 180 °C/350°F. Cut pumpkin into small pieces. Combine Pimentón de la Vera or chili flakes, olive oil, honey and Fleur de Sel and coat the pumpkin pieces with the mixture. Add pumpkin pieces and garlic to a baking



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2 tsp acacia honey

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Fleur de sel

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Stale (Walnut)bread, toasted and pulsed into fine crumbs in a food processor

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1/2 fresh garlic, cut in half

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#### FOR THE STEAK CUTS

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400g US flank steak or rump steak

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1 dried red chili

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1 tbsp olive oil

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Fleur de sel

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Clarified butter or oil for frying

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tray and cook in the oven for about 15 minutes to soften, then sprinkle bread crumbs on top and bake for another 5 to 10 minutes until the crumbs have started to brown. Remove from the oven. Squeeze the garlic from its skin.

4. While the pumpkin is baking cut the meat into strips and place them in a bowl. Crumble the chili flakes and combine with oil and salt and toss the meat in the mixture. Let marinate for 10 minutes. Heat clarified butter or oil in a heavy pan and sear the meat for 2 to 3 minutes. Turn and sear for another 2 minutes. Take the meat from the pan and wrap it in aluminium foil and let it sit for 5 minutes. Then cut the foil open.
5. Put the beans into a large bowl, add the cooked garlic, olive oil and lemon juice. Season with salt and pepper to taste. Incorporate well and add the pumpkin cubes as well as some of the crispy bread crumbs. Divide onto plates, top with meat and sprinkle the remaining Pangrattato on top before serving.



# RECIPE

RECIPE TITLE

**Baby spinach salad with spicy prawns, sugar snap-cucumber vegetables and sweet chili dressing**

FOR

serves 2 as a main and 4 as a starter

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## INGREDIENTS

- 250 g baby spinach
- 125 g sugar snaps
- 1 large cucumber
- 1 long red chili pepper
- 1 long green chili pepper
- 8 king prawns in their shells
- 4 tbsp peanut or sesame oil
- Fleur de Sel

## STEPS

1. Rinse the baby spinach, clean and spin dry. Rinse sugar snaps, peel cucumber and, using a peeler, cut it into fine strips. Place the strips in a bowl and salt lightly. After 15 minutes discard any excess water and pad the cucumber strips dry. Remove the seeds from the chili peppers then cut both peppers into fine rings. Place the sugar snaps into boiling water and cook for about 2 minutes, then immediately rinse with cold water. Set aside.
2. Rinse the king prawns and place them in ice water. Remove after a short while, pad dry and cut into a butterfly shape. This is achieved by carefully moving the knife along the back curve of both shell and flesh just deep enough for the body to separate into two distinct but still connected halves like a butterfly. Remove



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**FOR THE DRESSING:**

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2 tbsp roasted sesame oil

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2 tbsp freshly pressed lime juice

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1 tbsp sweet chili sauce  
(Asian store)

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1 res Thai chili, finely chopped

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1 tsp fish sauce (Asian store)

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1 tsp cocos flower or cane sugar

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Fleur de Sel

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intestines carefully; pre-cut frozen prawns are available as an alternative, as are shell-less ones. Place prawns, 2 tbsp of oil and half the chili rings in a bowl, blend and let marinate for half an hour.

- 3.** Incorporate all dressing ingredients well, i.e. until the sugar has dissolved. Season with sweet chili sauce, lime juice or sesame oil to taste. Heat the remaining peanut oil in a heavy pan. Fry prawns for 3 minutes on each side until the shell turns a rosy colour. (Tip: Opting for prawns still in their shell when frying has the advantage of preventing the flesh from drying out. It will instead turn slightly translucent and stay juicy.) Allow to cool slightly.
- 4.** Arrange baby spinach leaves, sugar snaps and cucumber strips on plates. Top with red and green chili rings then sprinkle with a little dressing. Just before serving, place the prawns on top of the salad and sprinkle with some more dressing. Serve immediately.