



VEGETABLE VOL-AU-VENTS



QimiQ BENEFITS

- Acid, heat and alcohol stable
- Creamy indulgent taste with less fat
- Problem-free reheating possible



15



easy

INGREDIENTS FOR 4 PORTIONS

40 g Shallot(s), finely chopped

50 g Eggplant, finely diced

50 g Courgette(s), finely diced

40 g Carrots, finely diced

40 g Yellow carrot, finely diced

50 g Sweet peppers, tricolour, finely diced

50 g Butter

125 ml Chicken stock

250 g QimiQ Classic

1 tsp Tapioca starch

Salt and pepper

8 g Flat-leaf parsley, chopped

12 ea Vol-au-vent cases

METHOD

1. Fry the shallots and vegetables in butter.
2. Douse with the stock and continue to cook until tender.
3. Add the QimiQ Classic and bring to the boil. Add some water to the starch, mix to a smooth paste and use to bind the ragout.
4. Season to taste with salt and pepper. Add the chopped parsley.
5. Fill the vol-au-vent cases with the vegetable ragout and garnish.