



WHOLEMEAL WAFFLES WITH CREAMED VEGETABLES



QimiQ BENEFITS

- Alcohol stable and does not curdle
- Pastry remains juicy and smooth
- Full taste with less fat content



15



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE CREAMED VEGETABLES

250 g	QimiQ Cream Base
80 ml	Olive oil
120 g	Red onion(s), peeled
120 g	Leek, cut into strips
160 g	Broccoli, blanched
160 g	Courgette(s), diced
100 g	Mushrooms, finely sliced [émincé PF]
100 g	Young spinach
	Salt
	Black pepper, freshly ground
1 litre(s)	White wine
0.5 bunch(es)	Flat-leaf parsley, finely chopped

FOR THE WAFFLES

250 g	QimiQ Cream Base
60 g	Butter, melted
3	Egg yolk(s)
2 tbsp	Olive oil
1 pinch(es)	Salt
	White pepper
1 pinch(es)	Ground nutmeg, ground
3	Egg white(s)
100 g	Spelt wholemeal flour

METHOD

1. For the creamed vegetables: fry the vegetables in the hot olive oil. Season well, douse with the white wine and reduce.
2. Add the QimiQ Sauce Base and bring to the boil. Stir in the parsley and season to taste with the salt and pepper.
3. For the waffles: mix the QimiQ Sauce Base together with the melted butter, egg yolks, olive oil and spices.
4. Beat the egg whites with a pinch of salt until stiff.
5. Fold the flour into the QimiQ Sauce Base mixture alternately with the beaten egg whites.
6. Heat the waffle iron and brush with butter. Spoon about 1 ladle of batter onto the hot waffle iron and cook for approx. 2 minutes until golden brown.
7. Serve hot with the creamed vegetables.