



# WHOLEMEAL WAFFLES WITH CREAMED VEGETABLES



## QimiQ BENEFITS

- Acid stable and does not curdle
- Full taste with less fat content



15



easy

## INGREDIENTS FOR 4 PORTIONS

### FOR THE CREAMED VEGETABLES

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

### FOR THE WAFFLES

<b>250 g</b>	QimiQ Classic, unchilled
<b>60 g</b>	Butter, melted
<b>3</b>	Egg yolk(s)
<b>2 tbsp</b>	Olive oil
<b>1 pinch(es)</b>	Salt
	White pepper
<b>1 pinch(es)</b>	Ground nutmeg, ground
<b>3</b>	Egg white(s)
<b>100 g</b>	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. Finish with the cold QimiQ Classic, add the parsley and season to taste with the salt and pepper.
3. For the waffles: whisk the unchilled QimiQ Classic smooth. Add the melted butter, egg yolks, olive oil and spices and mix well.
4. Beat the egg whites with pinch of salt until stiff.
5. Fold the flour into the QimiQ 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.