

Consommé of beetroot with horseradish dumplings



Fresh horseradish is not to everyone's taste. Many people are deterred by its mustard oils, which can have a strong effect on the eyes and nose. Others, in contrast, highly value its large array of health-related uses. Horseradish has an antibacterial effect, relieves coughing and is an expectorant. It also contains a lot of vitamin C and a number of B vitamins.

Tips:

- This recipe creates a very large volume of consommé. You can prepare it in advance and then freeze some for later. This base stock can be used for many dishes.
- To make the dumplings it is helpful to dip the spoon into lukewarm water each time. This prevents the dough from sticking to the spoon.
- The dumplings can be seasoned to make them very spicy, which perfectly complements the sweet flavour of the consommé.

Ingredients:



To make the consommé:

- 1kg shoulder of beef (ask the butcher to mince it)
- 1 kg beetroot
- A few juniper berries
- Peppercorns
- 1 sprig of thyme and rosemary
- Sea salt to taste
- Root vegetables (1 small onion, 1 carrot, ½ celery)

To make the horseradish dumplings:

- 1 tsp butter
- 100 g goat's cream cheese
- 1 egg
- 2 tsp horseradish juice (freshly squeezed) or horseradish from a jar
- Salt
- 50 – 70 g two-day old bread, with crusts removed, and grated

Preparation:



To make the consommé:

Finely dice the beetroot and root vegetables. Add the meat and then mix everything with the herbs, pepper and salt. Cover well with cold water and simmer for approximately 2 hours. First of all, however, remove the layer of protein from the base of the pan using a spatula and then leave to simmer without stirring. After simmering, drain and season to taste.



To make the horseradish dumplings:

Place the butter, goat's cream cheese, egg, horseradish and salt in a mixer and mix in the bread. Make dumplings out of the dough and simmer in salted water for 10 minutes.



Serve the horseradish dumplings in the consommè.

Bon Appetit!