

Braised root vegetables with sweet potatoes and 'Bergkäse' (cheese produced in the Alps)



Today we have a simple, vegetarian dish for you which uses many different winter vegetables – ideal for this time of year.

Ingredients for 2 persons:



300 g sweet potatoes

- 150 g celeriac
- 150 g parsnips
- 250 g carrots
- 200 g beetroot
- 160 g red onion

200 g swede
1 sprig of thyme
1 sprig of rosemary
1 piece of Bergkäse to grate c.60 g
2 tbsp chopped parsley
Salt
Pepper
Vegetable oil (rapeseed oil, c. 2 tbsp)

Tip: Another flavoursome version of this dish can be created by sprinkling herbs and spices over the vegetables after about 20 minutes according to taste. In addition to rosemary and thyme, other options that work really well include paprika, cumin, nutmeg or an Asian or African seasoning mix. The advantage of adding the seasoning later is that the flavour is then retained.

Preparation (preparation time 30 minutes, cooking time 30 minutes):



Wash and peel the vegetables.

Preheat the oven to 170 degrees.

Cut the vegetables into sticks which are approx. 1.5 cm thick and 7 cm long.

Next add each of the types of vegetables to a bowl (one after the other), season with a pinch of salt and a drop of oil and stir well.

Spread the chopped vegetables onto a baking tray and cook for c. 40 minutes at 170 degrees (heat from above and below) until light to golden brown. Add thyme and rosemary after 20 minutes.



After the specified cooking time stir the vegetables (alternatively you can also serve the dish without stirring the vegetables at this stage), serve on a plate and sprinkle with chopped parsley. Finally grate the cheese with a peeler and sprinkle over the vegetables.

Bon appetit!