

Winter vegetables - fit through the cold season

Have you ever picked a ripe orange fresh from the tree in southern Europe and eaten it straight away? Then you will know what difference it makes in taste to consume regional fruit or vegetables. Too early harvesting and long transport routes contribute to the loss of aroma in food from distant countries.

This makes it all the more sensible to use domestic products. In winter the selection is smaller than in summer, but not less tasty. In the cold season, many vegetables are in high season.

Aroma meets Vitamins

It is no coincidence that winter vegetables are rich in vitamins. Red cabbage or white cabbage contains a lot of vitamin C. Beetroot is full of minerals such as potassium, magnesium, iron and calcium. The pumpkin is in no way inferior to this and trumps with the vitamins A, E and C up. And although you don't see it one wouldn't think that the leek contains a good portion of Beta Carotene.

Our body needs all these vitamins for a strong immune system. And that is what we need in order to remain through the winter healthy. Winter vegetables are not only an excellent source of vitamins, but also very aromatic.

Five winter vegetables under the magnifying glass

On **the beetroot**, people are of divided opinion. Some love them, others hate them. Many people only know it in the inlaid version. However, it tastes quite different as raw vegetable salad or cooked with a creamy cream sauce. With its high content of betaine, it supports our digestion and thus the smooth elimination of metabolic products. The red tuber is also visually appealing and brings a powerful dash of colour to the plate.

Let's get to **Brussels sprouts**, a real nutrient miracle. It is one of the vegetables with the most dietary fibres and is one of the best suppliers of potassium. Although the little florets are such power packs, not everyone likes them. The reason for this is their slightly bitter taste, which especially children are not so enthusiastic about. The Brussels sprouts, for example, often have a miserable existence as a side dish. However, it is quite different as a main course. In combination with curry, it immediately gets a completely different note and its bitter substances move discreetly into the background.

Let's have a look at another winter vegetable, **the leek**. Allicin is the name of the substance that distinguishes it. This sulphur compound is said to have an antibacterial effect. It is also the reason for the onion-typical smell of vegetables. Due to its intense taste, it can be used as a condiment to spice up a dish. It is also delicious as a cake, soup or risotto.



It has a strange name, the **butternut squash**. Its shape, similar to that of a pear, is also somewhat unusual. So it's not surprising that it is also known as a pear squash. What characterizes it is its particularly soft flesh, which tastes discreetly of butter. However, it does not only impress with its taste, but also with its ingredients such as vitamin A, vitamin C, potassium, magnesium and calcium. On the plate it shines in many variations. Whether as soup, puree, roasted or raw, its nutty note matches many dishes.

The fifth vegetable in the bunch is **cauliflower**. It may not look like this, but it is quite a vitamin C bomb. 100 grams of cauliflower contain as much vitamin C as 100 grams of oranges. In its luggage it also carries vitamin K, which is important for blood clotting. Cauliflower is easily digestible and can be eaten raw. Especially, in the cold season there are of course recipes where it is prepared warm. Whether raw, cooked, baked or fried, the white florets are quite something.

With crisp winter vegetables, there is no winter blues in the kitchen. And if you don't like these five, I'm sure one of the many others will. Instead of cold weather there are now warm dishes – Enjoy your meal.

Recipes with winter vegetables

The quantities quoted refer to two persons.

Beetroot vegetables with mashed potatoes

3-4 thick tubers of beetroot

1 onion

1 cup of sour cream. As an alternative, cream cheese is also fine

Pepper, salt, sugar

Fresh dill

Potatoes

Milk

Butter

Peel the beetroot and cut it into bite-sized pieces of the same size. Cook in a pot with boiling water for about 15 minutes. The exact duration depends on how firm to the bite you want it. Then drain and put aside.

While the beetroot is boiling, you can already prepare the potatoes for the purée. Chop the onion and fry in a pan with a little butter until translucent. Add the beetroot and fry briefly. Remove the pan from the heat, leave to cool slightly and then stir in the sour cream. This flocculates when the vegetables are still too hot.

If you take cream cheese instead of cream, add a little bit of milk. This makes the sauce more liquid. Now season the vegetables with pepper, salt, sugar and dill and heat them up again.

Brussels sprouts in curry sauce

400 g Brussels sprouts

1 onion

1 clove of garlic

300 g potatoes firm boiling

1 tablespoon butter or oil

Curry powder

20 g g ginger

1 can of coconut milk

1 teaspoon vegetable stock

Pepper, salt

Peel and chop the onion, garlic and ginger. Cut the peeled potatoes into pieces. Clean the Brussels sprouts and cut them into halves, should the florets be too big. Fry the onion, garlic and ginger in a pan with hot oil. Add the cabbage and potatoes and sauté. Pour the curry into the pan and fry briefly with the vegetables. Add the coconut milk, add the broth and let the vegetables simmer for 20 minutes.

Tip: Sweet potatoes are a tasty alternative to normal potatoes.

Leek risotto

250 g leek
1 onion
1 clove of garlic
150 g risotto rice
75 ml white wine
250 ml vegetable stock
100 g grated cheese (Parmesan, Gruyere, etc.)
1 tablespoon oil
Pepper and salt



Cut half of the onion into fine rings. Then fry them in some oil until they are brown and crispy and put them aside.

Cut the cleaned leek into fine rings. Chop the remaining onion and garlic and briefly stew in hot oil. Add rice, briefly stew and then top up with wine and broth until it is just covered. Let it simmer in the covered pot over medium heat. Stir occasionally and top up with wine and broth. The risotto takes about 30 minutes to cook. Add the leek 10 minutes before the end and let it simmer. Finally add the cheese and season to taste with salt and pepper. Serve with the fried onion rings.

Noodles with pumpkin

400 g butternut pumpkin
2 small onions
1 clove of garlic
1/2 cup crème fraîche
125 ml white wine
250 g pasta
30 g grated Parmesan cheese
Some oil
Pepper, salt, sugar, thyme

Cut the pumpkin into bite-sized pieces. Finely chop the garlic and onions, then briefly stew in a little oil until translucent. Add the pumpkin and season to taste with sugar and pepper. Add the wine and broth and simmer until the desired bite firmness is achieved.

Stir in the crème fraîche and season with the remaining spices. Finally fold in the parmesan cheese.

Cauliflower with egg

1 hard-boiled egg
Juice and peel of an organic lemon
1 cauliflower
1/2 bunch of parsley
30 g butter
2-3 tbsp breadcrumbs
1 tablespoon olive oil
Pepper and salt

Divide the cauliflower into small florets and cook them in boiling salted water for about 8 minutes.

In a frying pan, heat the butter with the olive oil and fry the breadcrumbs until golden brown. Add a tablespoonful of lemon juice, a little lemon peel (cut into thin strips) and the chopped parsley. Season the breadcrumbs with pepper and salt and then add the well drained cauliflower. Finally, spread the egg cut into small pieces over it.