



Kohlrabi-Camembert-Cremesuppe

Menge	Zutaten
	<i>For 4 persons:</i>
1 piece	big Kohlrabi (or 2 little)
1 piece	small Zucchini
1 piece	small red onion (or normal one)
100 g	Camembert
100 - 150 g	turkey or chicken filetstripes
800 ml - 1 L	vegetable soup
2 EL	oil
1 EL	butter
1 Prise	nutmeg
	salt, pepper
1/2 bunch	parsley
	radish & red radish sprouts
1 EL	lemon juice

Preparation:

1

Peel kohlrabi and onion.

Wash zucchini and dice coarsely with onion and kohlrabi.

Approximately Heat 2 tablespoons of butter in a saucepan.

Stew the kohlrabi, onion, and zucchini cubes in medium heat for 3-4 minutes. Deglaze with broth.

Simmer for 20-25 minutes over medium heat, stirring occasionally.

2

In the meantime, wash meat, pat dry and cut into pieces.



Heat 2 tablespoons of oil in a pan. Roast turkey pieces in a strong heat for about 4 minutes until golden brown.

Then season with salt and pepper.

3

Cut the bark off the Camembert and cut the cheese into small cubes.

Puree the soup with the blender. Season with salt, nutmeg, pepper and lemon juice.

Put the Camembert cubes in the kohlrabi soup, so that they melt in it, do not forget to stir!

4

Fill the soup into small bowls.

Finely chop the parsley and decorate the soup with finely chopped parsley, fresh watercress and roasted turkey pieces, as well as the Camembert rind.

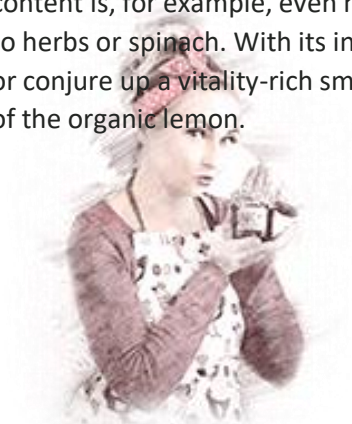
Finished! Good Appetite!



Lucina's Tipps:



Eat instead of throw away. If you have kohlrabi from your own garden, you may also like to use the tender kohlrabi leaves, either as a decoration for the kohlrabi soup or I will use them directly in the soup and puree with. Kohlrabi leaves contain many valuable ingredients. Their vitamin C and mineral content is, for example, even higher than in the tuber itself. Can be processed Kohlrabi leaves similar to herbs or spinach. With its intense aroma you can spice up any mixed salad, refine soups and stews or conjure up a vitality-rich smoothie. Since I am always trying to use everything, I have used the shell of the organic lemon.



I wish good luck and buon appetite !!