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Carpaccio of Portobello with lightly smoked cauliflower

Ingrediënten

Carpaccio of Portobello mushrooms

- 2 nice large Portobello mushrooms
- 1 clove garlic, crushed
- 1 tablespoon walnut oil, Amanprana
- 2 tbsp Amanprana Hermanos Catalan extra virgin olive oil
- Amanprana Orac Botanico herb mix, mild

Lightly smoked cauliflower

- 1 small cauliflower, cut up into small florets
- 2 tablespoons of Amanprana extra virgin coconut oil
- 2 tablespoons of wood chips
- Amanprana Orac Botanico herb mix mild

Lentil salad with wheat germ

- 100 grams mountain lentils
- 1 tbsp shoyu
- 1 tablespoon Xérès vinegar
- 4 tbsp Amanprana Hermanos Catalan extra virgin olive oil
- 2 spring onions, finely chopped
- 1 teaspoon crushed garlic

Extra info

Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

45 minuten

Totale bereiding:

45 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van carpaccio of portobello with lightly smoked cauliflower

- 1 teaspoon of white thyme
- 1 shallot, very finely chopped
- 1 teaspoon of French mustard
- 1 tbsp raw Amanprana wheat germ

Cream of white coco beans with walnut oil

- 1 cup of boiled white coco beans
- 1 dl oat cream some drops of lemon juice
- 2 tablespoons walnut oil, Amanprana
- Milled pepper, sea salt and freshly grated nutmeg

Carpaccio of Portobello mushrooms

- [Vegetarian](#)
- [Gluten free](#)

1. Take some sheets of baking paper.
2. Mix the two types of oil with the garlic and season with Orac Botanico herb mix (mild).
3. Slice the stems off the Portobello mushrooms and then slice into very thin slices with a very sharp knife.
4. Arrange the Portobello mushrooms in overlapping rows on the sheets of baking paper, brush the carpaccio with the mixed oil and cover with a second sheet of baking paper.
5. Place a platter on top of the carpaccio, weigh it down or vacuum-seal the carpaccio.

Lightly smoked cauliflower

1. Take a smoker or a pan with a thick base in which you can fit a rack or a steam basket.
2. Place a sheet of aluminium foil on the bottom of the pan, moisten the wood chips and arrange them on the foil.
3. Arrange the cauliflower florets on the rack and cover with a lid.
4. Place over low heat until the wood chips start to burn gently and smoke the cauliflower for about 20 minutes.
5. Pre-heat the oven to 180°C.
6. Place the cauliflower florets in an oven dish with the coconut oil and roast until al dente and golden brown for about 10-15 minutes.
7. Season with Orac Botanico herb mix (mild).

Lentil salad with wheat germ

1. Boil the lentils until done following the instructions on the packaging, rinse and then let drain.
2. Prepare a vinaigrette with the mustard, the olive oil, the Xérés vinegar, the shoyu, the thyme, the garlic and the shallots and mix in with the lentils.
3. Mix in the wheat germ and spring onions just before serving.

Cream of white coco beans with walnut oil

1. Heat the beans in oat cream, with 2 tablespoons of water and some lemon juice.
2. Season with salt, pepper and nutmeg and add the walnut oil.

3. Mix until smooth in a blender, if necessary add some water if the cream is too thick. Put the mixture in a small piping bag.

The garnish is just as important for your vegetable
Portobello carpaccio

1. Arrange the carpaccio on plates, garnish with the lentil salad and the cauliflower florets and finish with some dots of white bean cream.