

SWISS ARMY FOR HER

Ginger lily of the valley, peony musk, softwood

Ginger and carrot soup with a hint of chili/Sautéed bean sprouts with basil strips Roasted bread

Ginger and carrot soup with a subtle hint of chili, bean sprouts, basil strips

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•	5 g	canola	01

- 10 g chopped onion
- 10 g leeks, finely chopped
- 35 g potatoes, peeled and cut into small pieces
- 100 g carrots, peeled and cut into small pieces
- 50 g orange juice
- 5 g ginger
- 2 dl vegetable broth
- 1 dl cream
- salt and pepper
- 5 g canola oil
- 30 g bean sprouts
- 2 g basil, cut into thin strips
- 2 g fresh chili pepper, finely chopped
- salt and pepper

How to cook

Heat canola oil in a saucepan. Add onion and sauté for a few minutes. Then add the remaining vegetables and sauté together. Deglaze with orange juice and vegetable broth, cover and simmer until tender. Season the soup with salt and pepper to taste, pour into a blender jar and blend. Enrich with the cream, taste again, and season as needed.

Add canola oil to a Teflon pan and brown the bean sprouts, basil strips and chili. Add salt and pepper to taste.



Roasted bread

• 20 g yeast

- 75 g white flour (1)
- 175 g white flour
- 10 g salt
- 1 dl water

How to prepare

Stir the yeast into a little water.

To ast the white flour (1) on high heat in a Teflon pan until brown, and allow to cool. Heat oven to 210 °C.

How to cook

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Add yeast, all of the flour, and salt and pepper to a mixer and knead for a few minutes. Cover the dough and leave to sit for approx. 1 hour. Then remove the dough, form into the desired shape, and place on parchment paper. Place in the preheated oven and start baking at 210°C for 5 minutes. Then reduce the oven temperature to 180°C and bake for approx. 40 minutes until ready.

