

Tender Wheat Risotto with Beets and Ginger

25–30 Min

Ingredients 2 Portions

= Kotányi Produkte

2	Onion
3 tbsp.	Sesame oil
200 g	Tender wheat
200 g	Beets
150 ml	Coconut milk
1 tbsp.	Cranberry vinegar
500 ml	Vegetable stock, clear
4 tbsp.	Orange juice
1 piece	Horseradish, grated
1 piece	Cinnamon, Whole
1 tsp.	Organic Ginger, Ground
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

Preparation

1. Peel and thinly slice the onion. Dice the beets.
2. Heat the sesame oil in a pan and sweat the onion. Add the tender wheat and fry briefly. Add the beets and the cinnamon, deglaze the pan with vinegar and pour in the vegetable stock.
3. Stir in the orange juice and ground ginger and allow to simmer over a low heat for 15 minutes.
4. Remove the cinnamon stick. As soon as the tender wheat is soft, pour in the coconut milk.
5. Mix well and season to taste with sea salt and ground pepper. Dish onto plates, sprinkle with the horseradish and enjoy.