

Celery Root Panna Cotta with Wild Mushrooms and Parsley Sauce

This is a lovely appetizer, brunch or side dish recipe. It would be especially nice as a first course at a holiday meal.

- 10** ounces celery root, peeled and cubed
- 3** tablespoons vegan margarine
- pinch of salt and white pepper
- pinch nutmeg
- 1½** cups soy yogurt
- 1** package agar agar powder
- 250** grams mixed wild mushrooms (shiitake, oyster mushrooms etc.)
- 1** shallot, peeled and chopped
- 2** tablespoons vegan margarine
- pinch of salt and pepper
- pinch nutmeg
- ½** cup white wine
- 1** bunch parsley, cleaned and chopped
- 3** tablespoons olive oil
- splash lemon juice
- salt and pepper to taste



Servings/Yield

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Categories

Healthy, High Fiber, Holiday, Low Calorie, Low Cholesterol, Low Fat, Side Dishes, Vegan

Method

- 1.** Oil 4 ramekins.

- 2.** Peel and cut the celery root.

- 3.** Melt 3 tablespoons of vegan margarine in a pot and add the celery root pieces.

- 4.** Sauté the celery root, stirring often so it does not brown.

- 5.** When the celery root has softened, remove

from the heat.

6. Season with a pinch of salt, and white pepper and a dash of nutmeg.

7. Puree the celery root to an even creamy mixture.

8. Add the soy yogurt and return to the heat.

9. Mix the agar agar with a bit of water or white wine and add to the celery root puree.

10. Bring the celery root mixture to a soft boil, stirring so that it does not scorch.

11. Pour the cooked celery root mixture into the ramekins and place in the refrigerator to cool and set.

12. Place the parsley, olive oil, salt and pepper and lemon juice in a blender and puree.

13. Clean and slice the mushrooms.

14. Peel and chop the shallot.

15. Heat 2 tablespoons of vegan margarine in a frying pan.

16. Add the shallot and mushrooms and sauté until soft.

17. Add the white wine, and season with salt, white pepper and nutmeg.

18. To serve: Remove the celery root panna cotta from the ramekins by running a

knife around the rim and gently ease the panna cotta onto an individual plate.

19. Place some of the mushroom mixture on and around the panna cotta and top with the parsley sauce.

Notes



For a holiday presentation one could sprinkle a few pomegranate seeds around with the parsley sauce making it red and green.