

## EURASYP: Vegetarian Recipes with Yeast Extract

### **Celery Nuggets with Vegetable Spaghetti**

#### **Ingredients for 4 portions:**

1 celery root (approx. 28.2 oz.), 2-3 tbsp. granulated vegetable stock with yeast extract, 1 pot sour cream (= 7 oz.), 1 tbsp. chopped chives, 1 tsp. honey freshly ground pepper, some lemon zest and - juice , 2 carrots, 1 zucchini, 2 eggs, 2.1 oz. breadcrumbs, 5-6 tbsp. olive oil, 1 tbsp. butter

#### **Directions**

1. Peel, wash and slice celery and than cut into nuggets. Bring to boil 1 tbsp. of granulated vegetable yeast extract stock and 1 ltr. water and pre-cook the nuggets for approx. 5 min. For the dip, mingle sour cream, chives and honey with pepper, add a little lemon juice, grated lemon zest and the granulated vegetable stock to taste. Yeast extract has a savoury taste of its own that comes from a natural amino acid, the so-called glutamic acid. It occurs naturally in numerous foodstuffs, e.g. in tomatoes, peas and Parmesan cheese.
2. Wash, peel and clean carrots and zucchini. Cut both lengthwise to strips with a potato-peeler into vegetable spaghetti.
3. Whisk eggs and turn nuggets first in egg and than in breadcrumbs. Heat the oil and pan-fry nuggets approx. 10-15 min golden brown from both sides. Stew the vegetable spaghetti in heated butter for approx. 5 min and season with stock. Arrange nuggets, spaghetti and dip, optionally garnish with herbs and serve.

Minutes to prepare: approx. 60

#### **Illustration**



The savoury taste of the celery nuggets and the dip comes from the vegetable stock with yeast extract.

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