

## Chef to Chef

# Enjoy cooking with Optitherm


## Green spelt oat soup


We tried out the following soup recipe during the last DNSV school catering convention in Vechta and served it to participants during the break. The responses were positive all around. We cooked this delicious soup in an ELRO cooker with the Optitherm function, in other words with gentle cooking. Optitherm prevents burning and sticking of starchy products and milk-based dishes and requires less stirring and checking.

Try out this recipe. The tasty result convinced me.

Recipe for 10 people:

50 gr. Soft oats  
 50 gr. Green spelt  
 25 gr. Butter  
 25 gr. Shallots  
 3 gr. Curcuma  
 1250 ml Vegetable stock  
 500 ml Cream  
 100 gr. Diced carrots  
 50 gr. Leek rings  
 50 gr. Celery  
 25 gr. Grainy mustard  
 25 gr. Chopped parsley  
 Salt, pepper, nutmeg

Dry pre-heat the ELRO kettle in the cooking function , sauté shallots, green spelt, oats in butter, add mustard and curcuma, add vegetable stock and then the carrots and

leeks. Cook for about 40 minutes at boiling level  with Optitherm. Then add cream, and season to taste with pepper, salt and nutmeg. Add parsley before serving.

Ronny Pietzner created the recipe especially for school catering under „Hafer-die Alleskörner“ [www.alleskoerner.de](http://www.alleskoerner.de)

Cordially,

Dirk Neumerkel

*Executive Chef/Appliance Training*  
 ELRO Werke AG  
 Bremgarten / AG  
[demokueche@elro.ch](mailto:demokueche@elro.ch)

