
Clear Tomato Soup with Millet Dumplings

(for two persons)



Ingrediens:

For the Soup

<i>½</i>	<i>Medium Onion</i>
<i>1</i>	<i>Garlic glove</i>
<i>1 tsp.</i>	<i>Olive oil</i>
<i>50 g</i>	<i>Tomato paste</i>
<i>500 g</i>	<i>Tomatoes</i>
<i>¼ tsp.</i>	<i>dried Basil</i>
<i>¼ tsp.</i>	<i>dried Oregano</i>
<i>¼ tsp.</i>	<i>Sea-salt</i>
	<i>Black Pepper freshly ground</i>
<i>¼ tsp.</i>	<i>Honey</i>
<i>2</i>	<i>Egg whites (medium size eggs)</i>
<i>600 ml</i>	<i>Vegetable stock</i>
<i>Small branch</i>	<i>Small Basil leafs</i>
<i>4</i>	<i>Cocktail tomatoes</i>

Preparing Clear Tomato Broth

- Cube onion and the garlic and dice into fine cubes.
- Sauté both in moderately hot olive oil (do not brown).
- Add tomato paste and herbs.
- Wash tomatoes and cut into large dice.
- Bring mixture to a boil and let simmer for 5 minutes.
- Remove from heat and let mixture cool down to 5° C.
- Stir egg whites into the cold tomato mix and store in a cold place for 15 min.
- Stir the cold vegetable stock (5 ° C) into the mix and slowly bring it to a boil.
- Stir periodically to avoid soup from thickening too much
- When the mix reaches the boiling point, let it simmer gently over low heat for another 30 min. until the egg whites form a crust on the surface.
- Taste and adjust seasonings and carefully filter through a cheesecloth or coffee filter to remove any egg white and other ingredients that have remained in the liquid.
- Cut cocktail tomatoes. Wash the basil and remove the thick stems.
- Add Millet dumplings to the tomato broth and garnish with the cocktail tomatoes and basil leafs.

Clear Tomato Soup with Curd Cheese Millet Dumplings

(for two persons)



Ingrediens:

For the Dumplings

2 Tsp.	Softened butter
1	Egg yolk (medium egg)
40 g	Skim curd cheese (2 Tsp.)
1/2 tsp.	Sea-salt
Pinch of	Fresh ground nutmeg
60 g	Millet flakes or millet flour
500 ml	Vegetable stock (for boiling dumplings)
¼ tsp.	
1	Egg white (medium egg)
1 pinch	Sea-salt

Preparing Curd Cheese Millet Dumplings

- Whisk together egg yolks and the curd cheese until foamy. Season with sea-salt and nutmeg.
- Stir the millet flakes or finely ground millet flour into the cheese mixture and leave to swell for 30 min. in the refrigerator.
- Meanwhile, bring the vegetable stock to a boil.
- Beat egg whites with a pinch of sea salt to very stiff foam and gently fold into the cooled millet cheese mixture.
- With two moistened coffee spoons, form 24 dumplings (6 g each); add to the boiling vegetable stock. Turn down heat immediately and let dumplings simmer for 10 min. - do not boil!