January (wintertime recipe)

Tasty Polenta Stew

Ingredients (for 4 people):

Earth
4 carrots
1 knob of celeriac
2 parsley roots
8 tablespoons polenta
2 beef sausages or tofu with herbs (200g)
2 tablespoons olive oil
2 pinches saffron
Metal
2 pieces of leeks
2 onions
Ginger
Pepper
Water
Salt
Wood
Parsley
Lemon juice
Fire
Curcuma

Directions:

Peel carrots, knob of celeriac, parsley roots and cut in small pieces. Form small balls from the sausage. Cut leeks, onions, ginger in small pieces. Wash and chop parsley.

Heat olive oil in large skillet. Braise carrots, celery and parsley roots lightly. Stir in onions, ginger and leeks. Add a little bit salt and lemon juice and fill the skillet with 1,5 liter water. Mix Polenta in and add some pepper. Add the meat balls and cook the stew for 20 minutes. Season with lemon juice, parsley, curcuma, saffron and pepper. Enjoy your meal!