



RAWGUST TEMPTATION

Did you know that August is the month for all things raw? Raw-gust... see?! Eating raw plant-based dishes is good for your health and for the planet – and it's a growing culinary category with some delicious and highly creative dishes on offer – including this indulgent salad conjured by our new chef at Karma Bavaria, Chef Ricardo Pedroso. Sweet, healthy, delicious and easy to try at home – though we highly recommend you try the chef's version up in the Bavarian Alps!

WARM CELERY-FIG SALAD

Salad:

- 180g – buckwheat
- 645g – vegetable broth
- 1 tbsp – nut oil
- 1 celeriac
- 3 sprigs of rosemary
- 3-4 tbsp – olive oil
- Salt & pepper
- 125g – leaf lettuce
- 6-8 dried figs (soaked in water and diced)
- 1 handful of pistachios, roasted & salted

Preparation:

1. Wash the buckwheat under running water, add the vegetable broth and bring to boil. Now simmer on a low level with the lid closed until the water has boiled away. At the end add some nut oil and stir.
2. Peel the celeriac and cut into 2x2 cm cubes. Place the celery cubes on a baking tray, bake in the oven at 180 degrees C with the plucked rosemary, olive oil, salt and pepper for about 30 minutes until they get golden brown.
3. Mix all the ingredients for the dressing (cashew nuts from the soaking water) and season with salt and pepper.

Dressing:

- Juice of 1 lemon
- 2-3 dried dates
- 100g – cashew nuts (covered with water in a small bowl)
- 2-3 cloves of garlic, sautéed in 1 tablespoon of olive oil
- 1 tbsp – Shiro miso
- 2 tbsp – almond butter
- 3-4 tbsp – rice vinegar
- 2 tbsp – parsley
- 100-150ml – water

How to serve:

Marinate the lettuce with the dressing and place a bowl in the lower half, mix the warm buckwheat with the warm celery and also marinate with the dressing and spread evenly over the lettuce. Now spread the figs and the roasted pistachios over the salad.