



Zürli Gschnätzlets with Rösti

Ingredients

- 1.2 kg potatoes
- Vegetable oil (for frying)
- Salt, pepper (to taste)
- 250 ml Soy cream (I used Alpro Soy Cuisine)*
- 1 tbsp ground onion
- 1 tsp ground garlic
- 2 tbsp tahini
- 2 tbsp cornstarch, mixed with a little cold water
- 300 ml vegetable stock
- 1 bunch fresh parsley
- 200 g champignons
- 150 g textured soy protein (dried)**

**If want to make the recipe soy-free you can use any other plant-based cream. You can also use cauliflower cream (use 1 head of cauliflower. Cut into small pieces. Boil until soft. Drain. Add a little vegetable stock and blend until smooth).*

*** You could use Seitan (NOT gluten-free). Use about 300-500 g of Seitan. You can also use any other vegan protein, such as chickpeas - this will taste nice but won't look like the traditional recipe.*

Making the Rösti

1. Wash and grate the potatoes.
2. Add some oil, salt and pepper to the grated potatoes and mix well.
3. Add some oil to a frying pan. Add the potatoes and fry for about 15 minutes on medium heat. When golden brown, flip the Rösti (use a big plate to flip). Fry for another 15 minutes on medium heat.

Making the Zürli Gschnätzlets

1. Soak textured soy protein in hot vegetable stock for 15 minutes. Drain. Add some oil, salt and pepper. Put aside.
2. Dice onions and saute in a large frying pan. Add the sliced soy protein and mushrooms. Cover and fry for about 10 minutes.
3. Add soy cream, vegetable stock, tahini and spices and let simmer for 3 minutes.
4. Add the cornstarch-water mix. Let simmer for a few minutes while stirring.
5. Add chopped parsley. Add salt and pepper to taste.
6. Serve with Rösti. Optionally garnish with some fresh parsley.

