

**Garri**



## **Peter De Wandel**

Salatbarir, meðlæti,  
grænmetisréttir  
& kryddjurtir





## 'Deluxe' Beet burger



### Ingredients for 10 persons

10 or 20 Ardo Beetroot burgers  
10 Burger buns  
50g Ardo Shallots  
20g Ardo Chives  
20g Ardo Parsley

1.2kg Ardo Tricolour vegetable fries  
125g Baby lettuce leaves  
3 Yellow tomatoes  
3 tbsps mayonnaise  
Cajun herbs to taste

### Allergens

Gluten, Mustard, Soy, Sulphite

### Preparation

1. Mix the mayonnaise with the shallots, chives, parsley and cajun spices.
2. Bake the beet burgers in a preheated oven at 180°C for 12 minutes. (Cooking using a deep fat fryer or a frying pan is also possible)
3. Toast the burger buns.
4. Cut the tomatoes into thick slices. Wash and dry the baby lettuce.
5. Bake the tricolour vegetable fries in the deep fat fryer or oven until crispy.
6. Build your burger and serve with the tricolour vegetable fries.

### Ardo products used in this recipe

- Chives
- Parsley
- Shallots
- Tricolore vegetable fries (carrot, beetroot & parsnip fries )
- **New!** Beetroot burger



## Bruschetta Napoletana



### Ingredients

250 g Ardo alla Napoletana herb mix  
500 g Chopped tomatoes  
3 Ardo garlic cloves  
200 ml olive oil

100 g Parmesan cheese  
2 ciabatta  
Balsamic cream  
Salt and pepper

### Allergens

Gluten, Milk

### Preparation

1. Mix the tomato cubes with the alla Napoletana herb mix.
2. Season with 2/3 of the olive oil, pepper and salt and defrost gently.
3. Cut the ciabatta into thick slices, bake until crisp in the rest of the olive oil and rub with the garlic cloves.
4. Top this toast with the tomatoes and finish with some balsamic cream and Parmesan cheese.

### Ardo products used in this recipe

- Diced tomatoes (10x10)
- Garlic cloves
- **New!** Herb mix alla Napoletana





## Asian-style poke bowl with barley and shrimp



### Ingredients

1.5 kg Ardo Barley  
1.5 kg Ardo Sweet Life mix  
250 g Ardo Asian-style herb mix  
400 g Ardo Avocado  
200 g Ardo Peas  
200 g Ardo black beans  
300 g black radish

500 g scampi  
100 ml olive oil  
1 tbsp sunflower oil  
Chilli sauce  
Lime  
Pepper and salt

### Allergens

Gluten, Crustaceans, Soy

### Preparation

1. Steam the barley briefly.
2. Stir-fry the barley together with the sweet life mix and half of the Asian-style herb mix.
3. Stir-fry the scampi with the rest of the Asian-style herb mix in some olive oil, and season with salt and pepper.
4. Defrost the avocado.
5. Steam the peas and black beans briefly and allow to cool again.
6. Slice the lime.
7. Cut the black radish into thin strips.
8. Arrange everything in a bowl and top with the chilli sauce or with sriracha mayonnaise.

### Ardo products used in this recipe

- Garden peas
- Avocado halves
- **New!** Black beans
- Sweet Life Mix (mix of broccoli, sweet potato, cauliflower & sundried tomatoes)
- **New!** Asian style herb mix



## Cherry tomatoes with ricotta and rosemary



### Ingredients

500 g Ardo Cherry tomatoes  
30 g Ardo Rosemary  
150 g ricotta  
30 g rocket

100 ml olive oil  
1 ciabatta  
Salt and pepper

### Preparation

1. Mix the frozen rosemary with the olive oil.
2. Place the ricotta in an oven dish and arrange the cherry tomatoes around it.
3. Drizzle with rosemary oil and season with salt and pepper.
4. Bake in the oven (20 min - 180°C)
5. Garnish with the rocket.
6. Serve with ciabatta to share with the aperitif.

### Ardo products used in this recipe

- *Cherry tomatoes*
- *Rosemary*



## Mexican beans and taco salad



### Ingredients

500 g Ardo Red kidney beans  
1 kg Ardo Roasted Mexicana corn  
250 g Ardo Mexican-style herb mix  
500 g Ardo Pineapple  
10 g Ardo Coriander  
200 g sour cream

1 iceberg lettuce  
20 taco shells  
500 g tomato salsa  
Olive oil  
Salt and pepper

### Allergens

Gluten, Milk

### Preparation

1. Fry the Roasted Mexicana corn with the red kidney beans and Mexican-style herb mix in a dash of olive oil.
2. Cool again and mix with the defrosted pineapple.
3. Season the sour cream with salt, pepper and coriander.
4. Fill the taco shells with some finely chopped iceberg lettuce, the bean salad and top with the tomato salsa and sour cream.

### Ardo products used in this recipe

- Coriander
- **New!** Red Kidney Beans, pre-cooked
- Supersweet Pineapple
- Roasted corn mexicana
- **New!** Herb mix alla Mexicana



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## Vegan Indian dhal with basmati rice and yoghurt



### Ingredients

1 kg Ardo Veggie mix Indian style  
1 kg Ardo Tricolore Lentils mix  
125 g Ardo Asian style herb mix  
1.5 kg Ardo Basmati rice  
1.5 l coconut milk

Curry  
Sunflower oil  
Naan  
Yoghurt

### Allergens

Milk

### Preparation

1. Sauté the Asian-style herb mix in the sunflower oil, add the curry and allow to simmer for a while.
2. Add the coconut milk and allow to simmer.
3. You can also add the tricolour lentils and the Indian-style veggie mix.
4. Heat the basmati rice in the steamer.
5. Serve the dhal with the basmati rice, naan and yoghurt.

### Ardo products used in this recipe

- *Rice Basmati*
- *New! Veggie mix Indian style*
- *New! Tricolore lentil mix*



## Spicy blackberry crumble with vanilla ice cream



### Ingredients

For filling

- 1 kg Ardo Blackberries
- 80 g sugar
- 40 g plain flour
- 1 teaspoon corn flour
- 1 teaspoon cinnamon

- 200 g oat flakes
- 100 g flour
- 100 g dark brown sugar
- 50 g butter
- 50 g sugar
- 8 l vanilla ice cream
- 1 teaspoon cinnamon
- ¼ teaspoon salt

For the topping

### Allergens

Gluten, Milk

### Preparation

1. Defrost the blackberries and mix them with the other filling ingredients.
2. Mix all the dry ingredients for the topping. Cut the butter into small cubes and mix them in.
3. Place the filling in a buttered baking dish and spread the topping over it.
4. Bake in the oven at 180°C for 45-60 minutes.
5. Serve the hot crumble with vanilla ice cream.

### Ardo products used in this recipe

- **New!** Blackberries





## Chunky carrot kebab with veal T-bone steak and Béarnaise sauce



### Ingredients

1.5 kg Ardo chunky sautéed carrots  
150 g Ardo herb mix tartare  
20 g Ardo Provence herb mix  
3 red onions  
10 little gem lettuce heads

10 veal chops  
5 egg yolks  
500 g butter  
100 ml olive oil  
Gastrique

### Allergens

Egg, Milk

### Preparation

1. Mix the Provence herb mix with olive oil
2. Defrost the sautéed carrots and make skewers with chunks of red onion.
3. Make a classic Béarnaise sauce using the gastrique, yolks and melted butter. Finish with Ardo herb mix tartare
4. Brush the carrot skewers with the Provence herb oil, season with salt and pepper and bake in the oven at 180°C for 18 to 20 minutes
5. Brush the veal chops with the Provence herb oil and grill them on the BBQ or in a grilling pan. Brush the little gem lettuce heads with the Provence herb oil and briefly grill.

### Ardo products used in this recipe

- **New!** Herb mix tartare
- **New!** Provence herb mix
- **New!** Chunky sautéed carrots  
Product of the month



## Tartare herbs dressing



### SERVES 10

- 100g Ardo Herb mix tartare
- 50g Ardo Spring onions
- 20g Ardo Parsley
- 6dl sunflower oil

- 1dl white wine vinegar
- 50g mustard
- 20g sugar
- Salt and pepper

## Allergens

Mustard

## Preparation

1. Put all the ingredients, except the parsley, in a blender.  
Blend until a homogeneous vinaigrette.
2. Add, after blending, the parsley as a garnish.
3. Delicious with all kinds of salads.

## Ardo products used in this recipe

- Spring onions sliced
- Parsley
- **New!** Herb mix tartare